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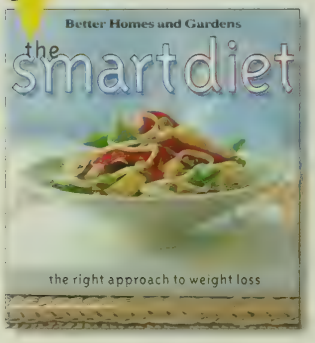
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If you have comments and suggestions about the fresh direction our show is taking, we'd love to hear from you.

january

Weekend of **January 6-7.** An encore showing of our trip to th **Intelligent Kitchen**. Jeanette takes you on a tour of thi futuristic work center. While there, she'll help prepare a specia Thai menu with noted cookbook author Nancy McDermott.

Weekend of **January 13-14.** Off to a charming Victorian bed and-breakfast getaway in **Minnesota**, where you'll learn from chef Wayne Skjelstad. Chris Dawson shows us tips on planting lilies that can bring you color all summer long

Weekend of **January 20-21.** Join Jeanette in **Miami** and see how to prepare citrus sensations with chef Allen Susser Then, follow along as she creates custom fabric colors with dyes right from a kitchen pantry. Ever wonder if you water enough? Too much? Chris dips into this deep subject.

Weekend of **January 27-28.** We'll be in northern **Vermont** to do some healthy cooking with author/instructor Jane Kirby from the Vermont Cooking School.

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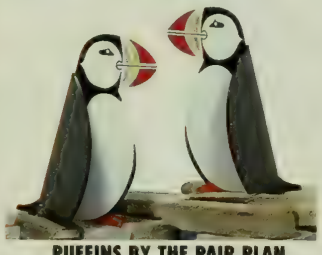


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ANDY LYONS

When you talk to me, I listen. And when you talk to each other, I have to admit that I listen in. That's what I've been doing ever since I posed this question in my August column: How do you simplify your life? Hundreds of readers entered the discussion through the mail and on our Web site. What an eye-opener!

If there's a common villain in all your simplification strategies, it's "things." Some of you feel that life would be simpler if you had fewer things. Others feel that things are fine, but only if they work. If they don't work, they complicate life and add stress.

There seems to be a unanimous outcry against the *clutter* that's created by things, although the definition of "clutter" varies. One group believes that if something is beautiful to you or has sentimental value, it's not clutter. Another group defines clutter as anything that is not useful and not used. From reading these letters, I've decided that clutter is a personal thing. No two people define it or defeat it in the same way.

I've also read hundreds of tips on de-cluttering. Again, two schools of thought: One school says avoid clutter by not buying too much stuff in the first place. The other admits to having clutter but controlling it by the "organize and toss" method. And this latter group is loaded with ideas for accomplishing the task—such as making a giant to-do list or employing a technique called "an elephant a bite at a time," which entails cleaning just one small area at a time, not the whole kitchen or closet.

January is always when I feel the urge to organize my life, house, finances—everything. Thanks to all of you and your good ideas, this may be the year I get the job done. The only stumbling block I see is my inclination to take too big a bite of the elephant.



Jean LemMon, *Editor in Chief*





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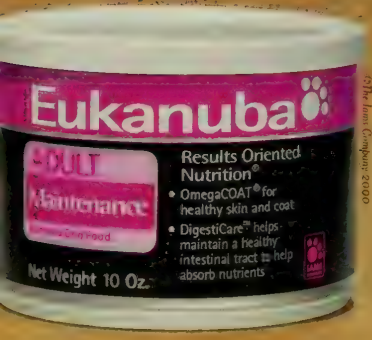
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family network

Growing memories for grandparents

When my daughter was born, both sets of grandparents lived in other states and couldn't watch her grow. So every time I took her to the pediatrician, I outlined her body on the paper covering the examining table. I colored in her hair, wrote down her height and weight, and added accounts of her latest achievements. My daughter recently married, and her grandparents gave her the outlines as a wedding present.

Chris Simmonds
Seabrook, Texas

Family art gallery a joy to all

Everyone in our family—adults and children—has done a self-portrait or a drawing of another family member or pet to hang in our gallery of loved ones. We've set off these wonderful pictures with inexpensive, ornate, and colorful frames. It was a great way to encourage our family to use their artistic talents and have fun.

Jennifer P. Mose
Clinton Township, Mich.

Check out this birthday spree

When my "20-something" children celebrate their birthdays, my husband takes them to breakfast and then on a trip to the grocery store. The honored offspring fills the grocery cart to overflowing, and Dad pays the bill. Dad and the kids eagerly anticipate these happy times.

Judee Tomlinson
Wilmington, N.C.

Meaningful gift for dad

It's always been difficult to buy presents for my dad. For his 60th birthday, my sister and I listed "60 Reasons We Love Our Dad," including favorite childhood memories, family jokes, and the qualities that make him a great father and grand[father]. Dad laughed and cried w[hen] he read it, and it now hangs in a s[pe]cial place in our parents' home.

Jennifer Robi[n]
Buffalo, N[Y]

Rainy day idea

Instead of immediately giving [the] children the toys I buy at yard sa[les] I hide them away for a "rainy" d[ay]. Then when they're really bored, I have a treasure hunt, with a toy se[t] ing as the treasure. On index ca[rds] I write clues as to the toy's hid[ing] place. The clues lead them throu[gh] out the house. When they find [the] treasure, they play with it for ho[urs].

Lori Le[e]
Charlotte, [VT]

Mom organizes homework time

Our family had a hard time settl[ing] into a homework routine; I was co[n]tinually jumping back and fo[rth] between kids as I tried to help or l[is]ten. Now I spend 15 to 30 minu[tes] each evening with each chi[ld] reviewing the day's papers, checki[ng] homework, and hearing the la[st] news. During that time, the ot[her] siblings aren't allowed to interru[pt].

Peggy [H]
Goff, [KS]

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Step On It

Don't let a boring floor drag down your decorating scheme. Start with the basic elements—paint, carpet, sheet vinyl—then rev them up by adding decorative borders, mixing up color and pattern, and throwing in an unexpected textural twist.

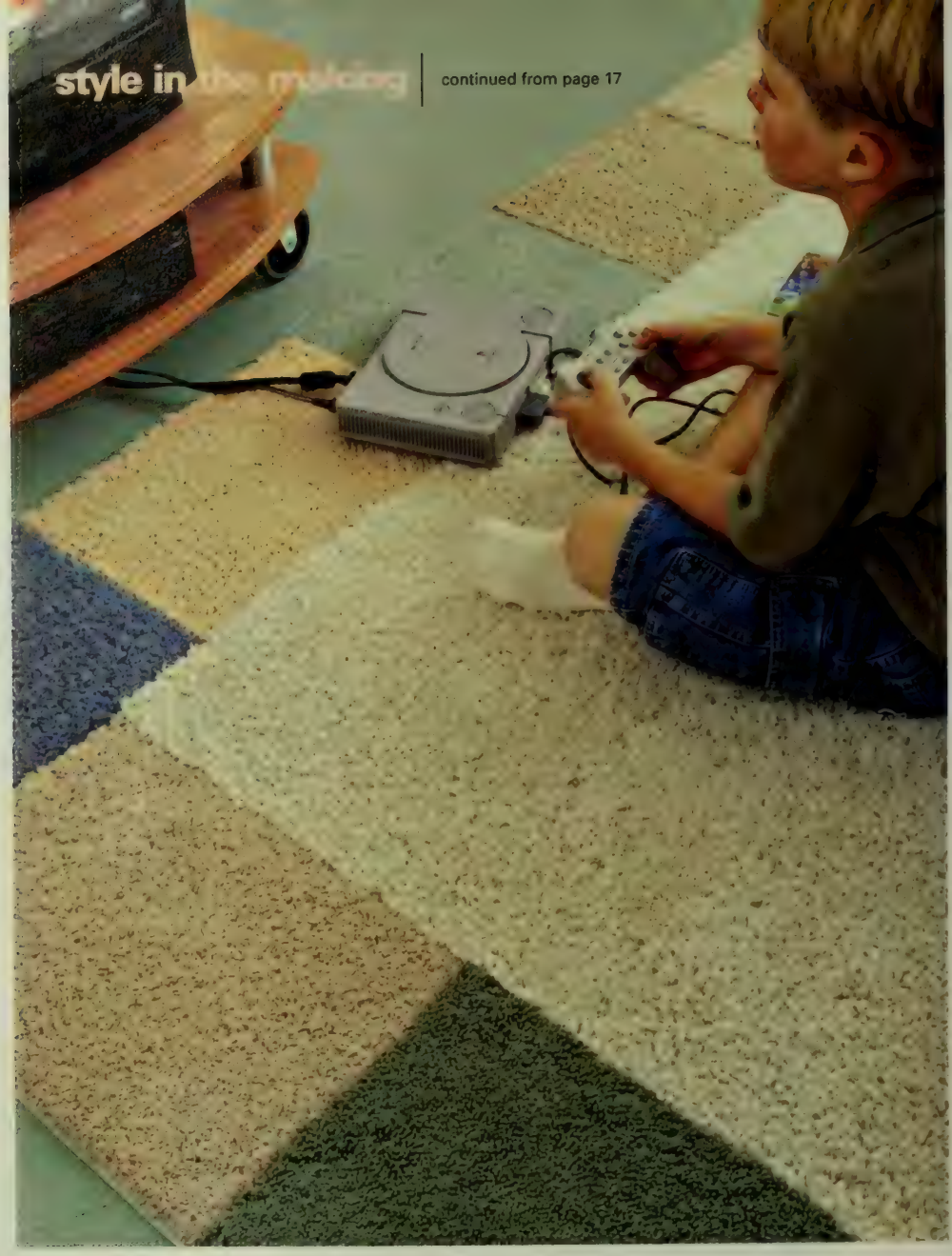
by Catherine Kramer

Strokes of genius

When you can't live with an existing floor but can't afford to replace it, rip up the old and paint on the new. Scrape away carpet glue or backing, caulk the subfloor joints, and sand rough surfaces. (Allow several days to complete these steps.) Apply a base coat of floor-and-deck paint and let dry. Draw scaled-down rectangular designs on graph paper. (Our actual rectangles were 24 to 36 inches). Draw a random pattern for a free-form look. Select four related colors and mark them on your design. Transfer the design to the floor. Mask off the rectangles for one color with painter's tape, then paint them in. Repeat for each remaining color. Seal the floor with two or more coats of floor-quality polyurethane.

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Rugged appeal

Create a customized room-size rug by surroundi a solid-color remnant with a border of carpet samples. Carpet dealers often s odd-sized leftovers for just a few dollars. Bring the main center section up full size by adding a border of sample pieces. Samples come pre-bound, using them around the border may eliminate the cost of binding the entire ru Plan your design so the border rectangles are the same width but differe lengths to add interest. Make sure the corners are butted, not mitered—it sav on cost. Let a professional do the piecing using a good-quality heat-set carp tape. Your labor cost may exceed the investment in materials for this project, be sure to ask for an estimate before purchasing the carpet pieces.

continued on page


you know you could get
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MAKE THE MOMENT SWEETER

continued from page 18



Check it out

Live on the edge with a vinyl floor outlined with a check board design. Our border is black-and-white check sheeting that was trimm to just two squares wide. For the center, choose a sheet vinyl with a patter related colors to help hold the design together. Measure from the center of room out and do some planning when laying out your border. You may hav trim it a bit on two opposing ends so that the design looks centered. For exam two sides may have 10×10-inch squares, but the opposite-end squares may only 9 inches wide because of the room's dimensions. Having such a bold bor jut in and out can attract too much attention, so let corners and angles in room intrude into the border.

continued on pag

fore you dive

into the jar of peanut butter with a soup spoon,

may we make a ***suggestion?***



Do something ***good*** *for yourself.*

Do something good for yourself with dishes like Fiesta Grilled Chicken with Santa Fe-style Rice and Beans. From Stouffer's Lean Cuisine®

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6 USA

continued from page 20



Borderline design

Ring your room with color by inset
carpet that is a different hue and pile than the main flooring. The border h
define the room's space and pulls the focus toward the center. Running a bo
against the walls may make the room look smaller, but insetting the border
not have the same effect. We inset a 10-inch border 12 inches from the wall.
the pile and texture of the carpets if you want, but avoid extremes. Drasti
different surfaces not only are visually disconcerting but can be hard
walking or placing furniture. Because of nap and pattern, there is a lot of w
when cutting border strips, so be prepared to spend a bit extra on the carpet
The labor for inserting a border will run at least $3 to $5 per lineal foot.

Buying information, pag

Introducing vapor without the rub

the right relief without the mess



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Personalized Armoires

Do your overflowing closets warn "enter at your own risk"? Rescue your belongings with these armoires-turned-storage heroes. We've outfitted them with organizational ideas that match specific—and general—needs.

by Sarah Egge and Gina Harrell



for wrapping

Tedious ribbon tangles are a thing of the past with this efficient credenza. A drawer hides spools of ribbon, while the cabinet corrals bulky rolls of wrapping paper.

for tools

Sticky electrical tape, sharp nails, and bulky power tools will find that this armoire is a safe and attractive home. A surge protector lets you charge battery packs out of sight.

for sewing

Fabric scraps and patterns won't overrun your home when they are tucked inside this armoire's compartments. A swing-out desk provides a sewing surface.

for laundry

No need to track down clothes and sort them out when this laundry catchall has bins for different loads. You might stay up on ironing too, with everything close at hand.

continued on page



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Personalized Armoires

continued from page 24

Small and neat, this Mission-style credenza does not overpower other furnishings. Its trim proportions and good looks (notice the beadboard panels and wrought-iron hardware) le it blend into any room in your house.





1. Wrapping surface. Waist-high to prevent stooping, this surface is generous enough for wrapping big packages.
2. Ribbon reel. A slende café rod mounted inside one of the doors sorts ribbon spools and keeps them steady for unrollin and cutting lengths.
3. Space for rolls. Long rolls of wrapping paper that vary in thickness sta easily on the shelf.
4. Boxes for extras. Kee tags, greeting cards, and stick-on bows or other crushable decorations tid stored away in labeled boxes to make finding items a cinch.

continued on page 28

Like the café rod mounted inside the cabinet door (above), a window curtain tension rod (right) makes ribbon accessible and easy to use. The drawer also holds scissors and tape within reach of the work surface.







Did you ever have the feeling
you were being followed?

It seems everyone is talking about greener cars these days. But we've done more than just talk. In 1997 we introduced the Toyota Hybrid System. Now it's the power inside the world's first mass-produced gas/electric vehicle, the Prius. As the automotive industry lines up behind us, we're already developing the next generation of environmental vehicle technology. The lights are green. Let's go.

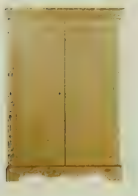
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TODAY TOMORROW **TOYOTA**

Personalized Armoires

continued from page 26

Filled with cubbies, this unfinished home-office armoire packs an organizational wallop. Its traditional lines, brass hardware, and molding details make it a pretty package too.



1. **Lots of space.** Store cleaners, rags, and rubber gloves together where they are easy to grab on the fly.
2. **Electrical outlets.** Most armoires come with a hole in the back for cords. Go a step further and use the hole to bring in a surge protector for power tools and recharging battery packs.
3. **Peg racks.** Outfitted with peg racks, the doors organize tools, nuts, and bolts. Outline each item with a marker so you'll always know where to hang it.
4. **Extra bins.** A wooden box from the home center fits the kneehole below the desk and tucks away unwieldy extension cords.

continued on page 30





The pull-out keyboard tray (left) makes a handy drafting or craft table. Add a gridded self-healing mat, and you have a surface that will stand up to any blade. A raised edge keeps crafts knives and pencils from disappearing.

ıe *Original* **Monet Seat** From Tidewater Workshop - ***Just $149 Delivered!***



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Personalized Armoires

continued from page 28

Laundry never had it so good. This all-business armoire has laminate surfaces with laundry-room durability. Its vertical compartment holds hanging clothes and an ironing board.





1. Vertical space. The depth and height of this compartment is perfect for hanging clothes. Just add a short rod near the top.
2. Ironing board. The ironing board is mounted inside the door so the door can still open and close. Door hinges need to be sturdy enough to support the extra weight.
3. Sorting loads. Outdoor planters made of non-splintering teak fit these cubbies neatly. Their peek-through sides let you sort loads by color.
4. Easy cleanups. A plastic garbage can with handles keeps clothespins corralled.

continued on page 32



Purchase ironing board mounting kits at home centers. The hooks are often square at the top (*right*), so screw a block of scrap wood to the armoire door to accept them.





Ready for the next big thing? Meet Kenmore Elite's® exclusive CALYPSO™ Wash Motion. We removed the agitator you'd find in a traditional washing machine and replaced it with a space-saving gizmo that bounces the most gigantic of dresses and draperies through a shimmering shower of H_2O. Massive capacity. Massively clean clothes. Makes your washing machine seem a little passé.

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Personalized Armoires

continued from page 30

With sweet feminine lines, a pull-out work surface, and lots of nooks and crannies, this armoire is well-suited for the small sundries of a sewing enthusiast.



1. Spool spokes. Spools of thread and bobbins are securely stowed on a door-mounted peg rack.
2. Nooks and crannies. Small necessities and patterns find a home on the divided upper shelves.
3. Bulletin board. Project designs and notes are tacked to corkboard mounted to the back of the armoire. A fabric-covered, framed piece of cork holds needles on the door.
4. Expanded work surface. The swing-out desk holds the sewing machine when you're working on large projects. Keep a fold-up stool inside the lower compartment.

Buying information, page 135



machine inside (*left*). A small lamp, its cord threaded through a hole in the back of the armoire, can provide task lighting.

Visit our Internet site at www.bhg.com/extra to find ideas for decorating an armoire to reflect your personal style.

~~mood~~ swing

Think it's PMS? Think again.



It could be PMDD.

Premenstrual Dysphoric Disorder—the intense mood and physical symptoms right before your period. If extreme monthly irritability, mood swings and bloating are messing with your life, now there's help. Introducing Sarafem—the first and only FDA-approved prescription medication for PMDD. To learn more about PMDD, visit Sarafem.com or call 1-800-585-7420.

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Why live this way another month? Talk to your doctor today.

Important Safety Information—If you develop a rash or hives while taking Sarafem, call your doctor right away because this can be a sign of a serious medical condition. You should not take Sarafem at the same time as or within two weeks of stopping an MAO inhibitor (MAOI). Don't take an MAOI for *at least* 5 weeks after stopping Sarafem. Also, you should not take thioridazine at the same time as or within 5 weeks of stopping Sarafem. Some women may experience side effects such as tiredness, upset stomach, nervousness, dizziness and difficulty concentrating. Side effects are usually mild and tend to go away within a few weeks. Sarafem contains fluoxetine hydrochloride, the same active ingredient found in Prozac®. Be sure to tell your doctor if you are pregnant or nursing, or planning on becoming pregnant. **Please see the following page for additional product information.**

Lilly

Sarafem™
fluoxetine hydrochloride

INFORMATION FOR THE PATIENT

READ THIS INFORMATION COMPLETELY BEFORE USING SARAFEM (SAIR-a-fem). This leaflet provides a summary about SARAFEM and does not contain complete information about your medicine. This information is not meant to take the place of discussions between you and your doctor. Talk with your doctor, pharmacist or other healthcare professional if there is something you do not understand or if you want to learn more about SARAFEM. Always follow your doctor's instructions on how to take SARAFEM.

What is SARAFEM?

SARAFEM is a prescription medicine used by women who have menstrual periods or cycles to treat the symptoms of premenstrual dysphoric disorder (PMDD).

What is PMDD?

PMDD is a medical condition that affects only women who have menstrual periods or cycles. Symptoms of PMDD are limited to the week or two before a woman's menstrual period and commonly include mood symptoms such as irritability, mood swings, and tension as well as physical symptoms of bloating and breast tenderness. When the symptoms of PMDD appear they cause interference in day to day activities and relationships.

What is the active ingredient in SARAFEM?

SARAFEM contains fluoxetine hydrochloride, the same active ingredient found in Prozac®.

How does SARAFEM work?

While it is unknown what causes PMDD, many doctors believe it may be related to an imbalance in a natural chemical in the body called serotonin. The actions of SARAFEM on serotonin may explain its effects in improving the symptoms of this condition.

Who should not take SARAFEM?

You should not take SARAFEM if you:

- are allergic to fluoxetine hydrochloride, the active ingredient in SARAFEM.
- are taking a type of antidepressant medicine known as a monoamine oxidase inhibitor (MAOI), such as Nardil (phenelzine) or Parnate (tranylcypromine). Using an MAOI together with many prescription medicines including SARAFEM can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you can take SARAFEM. Also, you need to wait at least 5 weeks after you stop taking SARAFEM before you take an MAOI.
- are taking a type of antipsychotic medicine known as Mellaril (thioridazine). You need to wait at least 5 weeks after you stop taking SARAFEM before you take Mellaril.

How should I take SARAFEM?

- Take SARAFEM exactly as directed by your doctor.
- SARAFEM comes as a 10 mg lavender capsule and a 20 mg pink and lavender capsule. The usual dose is 20 mg a day, but your doctor will prescribe the dose that is right for you.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of SARAFEM that has been prescribed for you.
- SARAFEM can be taken with or without food.
- To help you remember to take SARAFEM, it may be best to take it at about the same time each day, such as every morning.
- Remember to get your refills before you run out of SARAFEM.
- Talk with your doctor about how long you should keep taking SARAFEM.
- Talk with your doctor before you stop taking SARAFEM.

What should I talk to my doctor about when taking SARAFEM?

- If you get a rash or hives while taking SARAFEM, call your doctor right away because this can be a sign of a serious medical condition.
- Be sure to tell your doctor if you are taking Prozac, since this contains fluoxetine, the same active ingredient found in SARAFEM.
- Be sure to tell your doctor if you are taking or plan to take any prescription or nonprescription medicines, vitamins, natural supplements, herbal remedies or alcohol. As with most other prescription medications, SARAFEM may interact with some of these products.
- You should tell your doctor if you are pregnant, plan to become pregnant or are breast feeding while taking SARAFEM.
- Tell your doctor if you have diabetes. The dose of diabetes medicine you need may change when you start or stop taking SARAFEM.
- Tell your doctor about any other medical conditions you may have, especially liver disease, or a history of seizures or mania.

What are possible side effects of SARAFEM?

All prescription medicines may cause side effects in some patients.

- In medical studies of women taking SARAFEM for PMDD, the most common side effects likely caused by SARAFEM were tiredness, upset stomach, nervousness, dizziness, and difficulty concentrating. Other side effects were reported less frequently in those same studies. Side effects were generally mild, often disappeared after a few weeks, and most did not cause women to stop taking SARAFEM.
- SARAFEM can cause changes in sexual desire or satisfaction.
- Do not drive a car or operate dangerous machinery until you know what effect SARAFEM may have on you.
- Contact your doctor or healthcare professional if you get a rash or hives, or if you get other side effects that concern you while taking SARAFEM.

What else can I do?

In addition to taking SARAFEM:

- eat a well-balanced diet (including fruits, vegetables and fiber) and get regular exercise.
- drink plenty of water daily and lower the amount of caffeine and salt in your diet, especially before your menstrual period.

Talk to your doctor before you begin any diet or exercise program.

How do I store SARAFEM?

- Store SARAFEM at room temperature.
- Keep all medicines, including SARAFEM, out of the reach of children.

General Information

This is a summary of information about SARAFEM. Medicines are sometimes prescribed for purposes other than those listed in a patient information summary. This medicine was prescribed for your use only. Do not let anyone else use your SARAFEM.

If you have any questions or concerns, want to report any problems with the use of SARAFEM or want more information about SARAFEM, contact your doctor, pharmacist or other healthcare professional.

This patient information summary has been approved by the US Food and Drug Administration.

www.sarafem.com
Literature issued July 11, 2000

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Sarafem™ (fluoxetine hydrochloride)



Bloomin' Bouquets

Grouped in a trio over a bed, these floral prints car more visual weight than they would if hung solo. Still, t narrow white frames and crisp mats keep the look light and airy, and don't detract from the image. The low, horizontal lines and repetitive nature of the grouping also convey a more restful feeling than would a single vertical print or a stacked grouping.



This set of 11×11-inch framed prints—featuring seasonal arrangements of tulips, pansies, and roses—will bring the essence of spring to any room in your home. Available to the readers of *Better Homes and Gardens*® magazine by arrangement with MTC Art, each print is mounted under glass, and features stylish parchment-look and gold-colored double matting. Frames are white. The price of the set is $39.95, which includes shipping, handling, and applicable sales tax.





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. and pudding

p up JELL-O Instant Pudding. Stir in some peanut butter. Microwave for 30 seconds.



by Jame
A. Hufnag

John Purrier's corner (*left*) boasts abunda counter space, open and close storage, and a upper shelf for TV monitor. At the end of each work session, h can push away the keyboard a close everythin away behind the cabinet's pocket doors.

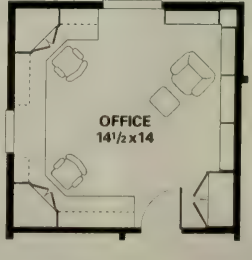
The office plan (*below*) was created by usin a former bed- room extended with a 4-foot addition.

Two-Person Home Offices

Cornering convenience Corners make special sense for computer stations because a corner can easily accommodate an extra-deep monitor. Colleen and John Purrier doubled that concept with separate but networked computer stations in two corners of the home office they share. Each can work without distractions at terminals electronically linked to each other and to a scanner, fax machine, and laser printer located between their stations.

State-of-the-art Category 5 wiring hides behind and inside custom-made cabinets. "I wanted to hide as much stuff as possible," Colleen told us. "I don't like to look at the monitors, plus hiding them behind doors keeps the dust down."

continued on page 38




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When pediatricians recommend children's chewable vitamins, Flintstones is their #1 choice. So give your kids hugs. Give 'em kisses. And give 'em great tasting Flintstones.



Two-Person Home Offices

continued from page 36



Colleen's corner works as efficiently as her husband's, and includes a window so she can look out on the home's courtyard to keep an eye on their son, Morgan, when he's outside.

A third corner consists of a reading area with floor-to-ceiling shelving; a big, comfy chair complete with pillow and quilt; and display racks for Colleen's collection of colorful antique quilts. It provides a cozy place where Morgan can hang out while his parents work.

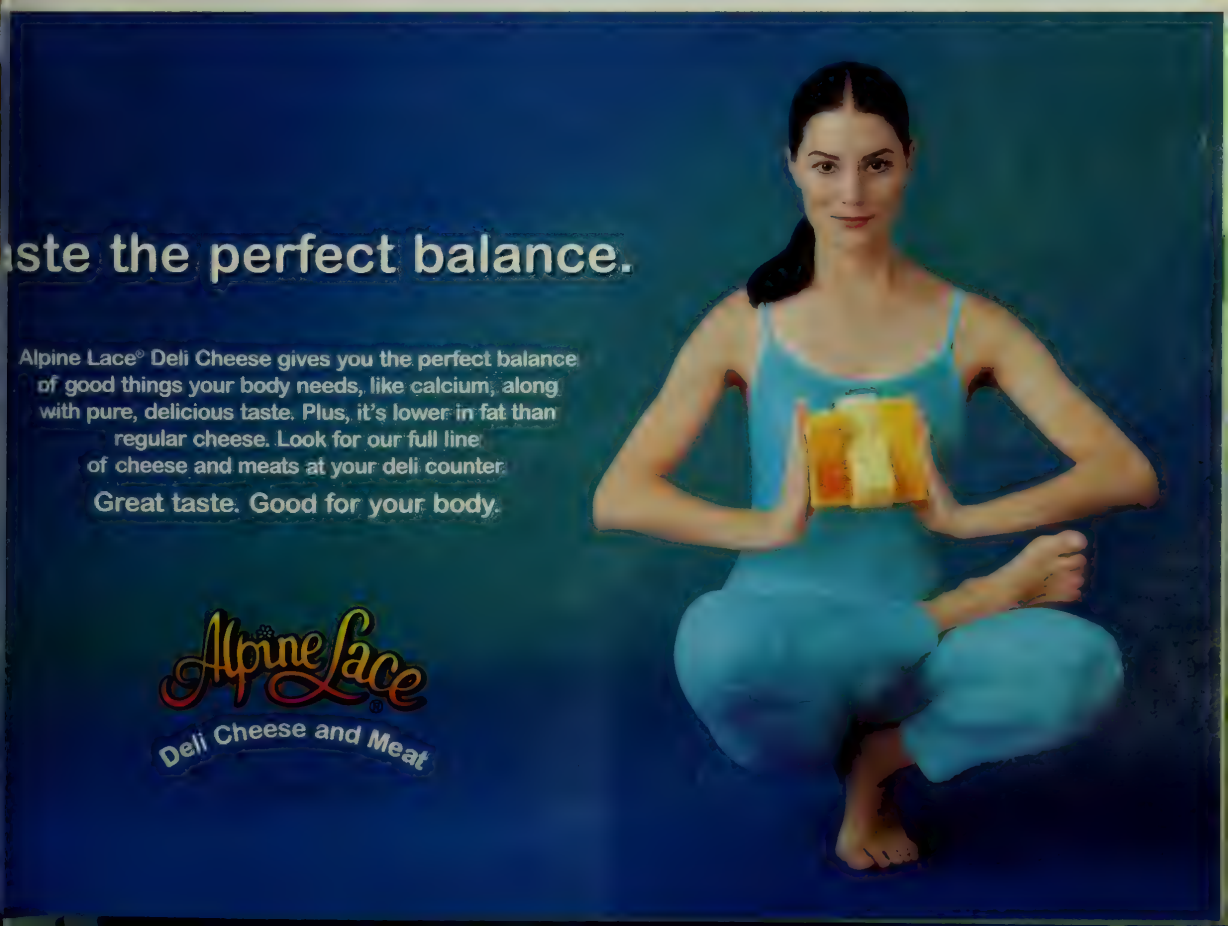


Colleen wanted the office to look the same age as the rest of the 1920s-era house, so they chose a coved ceiling and hung an Art Deco chandelier (*bottom left*).

The reading corner (*right*) provides the office with what Colleen calls "tranquility. Whoever isn't working can relax here. It provides an opportunity for communication."

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French doors in the dining room (*left*) open to the office addition. Check the plan (*below*), and you'll see that the desk across from the doors halfway between the computer work station and Lori's client side. This is where the Zajics usually take phone calls and faxes, and do paperwork.

Client-friendly addition

Lori and Lee Zajic—an interior designer and master woodworker—pool their talents running a renovations and design business. They need to work near each other yet have room for client visits, computer and fax machine, and storage for blueprints, samples, and other business material. The solution for their space requirements is a 15×20-foot addition that fits neatly onto their suburban Portland, Oregon, home.

continued on page 42



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Two-Person Home Offices

continued from page 40

One end of the room provides them with a blueprint-size worktable, a computer station, and abundant storage for supplies.

At the other end, Lori created a cozy, living-roomlike setting where she presents ideas to clients. A faux fireplace here is actually a chimney for the living room fireplace, dressed up with a mantel and glass fireplace doors. ⌂

Buying information, page 135



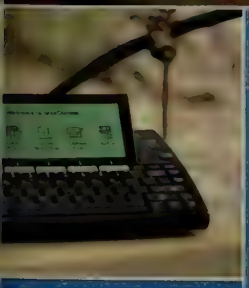


"To reduce clu ter, we wanted everything in t office (*above*) t be hidden behi doors," Lee say "I extended the upper cabinets almost to the ceiling, so as n to waste any space."

Lori likes to lay out fabric sam- ples, wallpaper books, and pai chips on the hassock (in the foreground, *left*). Shelving beside the chimney keeps everythi close at hand.



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Smart Kids, Poor Grades

Patterns of underachievement can be reversed, leading to the self-discipline required for success in the real world.

by Jane Schorer Meisner

If researchers polled ordinary kids about studying and doing homework, th results would surprise no one. Generations of kids have preferred to play—or d anything else—rather than concentrate on homework assignments. The part that changed is a growing trend for kids to slack off and not work to their full potentia when it comes to academic studies.

"Underachievement has become quite an epidemic in our society," says Sylvi Rimm, director of the Family Achievement Clinic at The Cleveland Clinic Foun dation. "Motivation—or the lack of motivation—has become a serious problem.

Some students don't really believe that they can achieve their goals, even if the work harder. Afraid that their best efforts can't compete with their peers', the simply don't try. Other underachievers, bombarded with media images of lotter winners, professional athletes, and game-show millionaires, develop a skewe perception of what it takes to succeed in real life. By setting their goals either to high or too low, they guarantee failure.

Ruth Peters, author of *Overcoming Underachieving* (2000), says parents have th power to instill in their kids the concept that good study behaviors net goo grades, preparedness for class, and good class participation. "It's not just a parent' right, but it's their responsibility," she says.

But why is all this business about underachieving in schoolwork so important Mainly, Peters explains, because the underlying habits follow kids into the rea world, where real problems can result.

"Somewhere along the way to adulthood, most people finally figure out tha forcing ourselves to do things that we don't want to do, are bored with, or are ever

continued on page 4

Springmaid



Alaysha, wrapped in her finest post-bath attire.

Wal-Mart customers like Alaysha's mom are finding the latest fashion looks from Springmaid in the home section at Wal-Mart. Luxurious, 100% cotton towels to make bath time more colorful than ever. Rugs, shower curtains and matching accessories, too. And at Wal-Mart's Every Day Low Prices Alaysha's finest is also affordable.

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at it.

Zithromax

The antibiotic that's dosed once a day for 5 days.

Zithromax has short dosing and a pleasant cherry taste, so getting your little one to finish the medicine is easy. And finishing an antibiotic is an important part of treating a bacterial ear infection properly.

If your child suffers from ear infections, you may be familiar with the symptoms: ear pain, fever, pulling at the ear, crying or feeling cranky. These symptoms result when germs, often bacteria, cause the area behind the eardrum to fill with fluid, putting pressure on the eardrum and causing pain.

When your little one has another bacterial ear infection, your doctor may prescribe an antibiotic. Antibiotics are medicines that stop the bacteria that cause most ear infections. Your doctor selects an antibiotic based on several factors. If an antibiotic is prescribed, it is important to make sure your child finishes all of the medication.

If your doctor does decide to prescribe an antibiotic, you may want to ask about Zithromax. Zithromax is a liquid antibiotic for bacterial ear infections that is given just once a day for 5 days, and it has a great cherry taste kids like. In clinical studies Zithromax was shown to work as well as an antibiotic that was given for 10 days.

Be sure to tell your doctor about any medications your child is taking. Zithromax should not be taken by those who have had an allergic reaction to certain other antibiotics, such as erythromycin. Zithromax is well tolerated: the most common side effects are diarrhea (2%), abdominal pain (2%), vomiting (1%), and nausea (1%). Zithromax may rarely cause an allergic reaction (trouble breathing, rash, and swelling) or severe diarrhea. If this happens it can be serious, so stop the medicine and call your doctor immediately.

For more information about ear infections or Zithromax, ask your doctor, call 1-800-587-DAYS, or visit our Web site at www.KidsEars.com

Zithromax®
(azithromycin for oral suspension)
Pfizer
Once a day for 5 days

Please see important product information on adjacent page.

ZITHROMAX®
(azithromycin for oral suspension)

BRIEF SUMMARY

INDICATIONS AND USAGE

ZITHROMAX® (azithromycin) is indicated for the treatment of patients with mild to moderate infections (pneumonia, see **WARNINGS**) caused by susceptible strains of the designated microorganisms in the specific conditions listed below. As recommended dosages, durations of therapy, and appropriate patient populations vary among these infections, please see **DOSAGE AND ADMINISTRATION** for specific dosing recommendations.

Acute otitis media caused by *Haemophilus influenzae, Moraxella catarrhalis* or *Streptococcus pneumoniae* (for specific dosage recommendation, see **DOSAGE AND ADMINISTRATION**).

Community-acquired pneumonia due to *Chlamydia pneumoniae, Haemophilus influenzae, Mycoplasma pneumoniae,* or *Streptococcus pneumoniae* in patients appropriate for oral therapy (For specific dosage recommendation, see **DOSAGE AND ADMINISTRATION**.)

NOTE: Azithromycin should not be used in pediatric patients with pneumonia who are judged to be inappropriate for oral therapy because of moderate to severe illness or risk factors such as any of the following: patients with cystic fibrosis, patients with nosocomially acquired infections, patients with known or suspected bacteremia, patients requiring hospitalization, or patients with significant underlying health problems that may compromise their ability to respond to their illness (including immunodeficiency or functional asplenia).

Pharyngitis/tonsillitis caused by *Streptococcus pyogenes* as an alternative to first-line therapy in individuals who cannot use first-line therapy. (For specific dosage recommendations, see **DOSAGE AND ADMINISTRATION**.)

NOTE: Penicillin by the intramuscular route is the usual drug of choice in the treatment of *Streptococcus pyogenes* infection and the prophylaxis of rheumatic fever. ZITHROMAX® is often effective in the eradication of susceptible strains of *Streptococcus pyogenes* from the throat. Because some strains are resistant to ZITHROMAX®, susceptibility tests should be performed when patients are treated with ZITHROMAX®. Data establishing efficacy of azithromycin in subsequent prevention of rheumatic fever are not available.

Appropriate culture and susceptibility tests should be performed before treatment to determine the causative organism and its susceptibility to azithromycin. Therapy with ZITHROMAX® may be initiated before results of these tests are known, once the results become available, antimicrobial therapy should be adjusted accordingly.

CONTRAINDICATIONS

ZITHROMAX® is contraindicated in patients with known hypersensitivity to azithromycin, erythromycin, or any macrolide antibiotic.

WARNINGS

Serious allergic reactions, including angioedema, anaphylaxis, and dermatologic reactions including Stevens-Johnson Syndrome and toxic epidermal necrolysis have been reported rarely in patients on azithromycin therapy. Although rare, fatalities have been reported. (See **CONTRAINDICATIONS.**) Despite initially successful symptomatic treatment of the allergic symptoms, when symptomatic therapy was discontinued, the allergic symptoms **recurred soon thereafter in some patients without further azithromycin exposure**. These patients required prolonged periods of observation and symptomatic treatment. The relationship of these episodes to the long tissue half-life of azithromycin and subsequent prolonged exposure to antigen is unknown at present.

If an allergic reaction occurs, the drug should be discontinued and appropriate therapy should be instituted. Physicians should be aware that reappearance of the allergic symptoms may occur when symptomatic therapy is discontinued.

In the treatment of pneumonia, azithromycin has only been shown to be safe and effective in the treatment of community-acquired pneumonia due to *Chlamydia pneumoniae, Haemophilus influenzae, Mycoplasma pneumoniae,* or *Streptococcus pneumoniae* in patients appropriate for oral therapy. Azithromycin should not be used in patients with pneumonia who are judged to be inappropriate for oral therapy because of moderate to severe illness or risk factors such as any of the following: patients with cystic fibrosis, patients with nosocomially acquired infections, patients with known or suspected bacteremia, patients requiring hospitalization, elderly or debilitated patients, or patients with significant underlying health problems that may compromise their ability to respond to their illness (including immunodeficiency or functional asplenia).

Pseudomembranous colitis has been reported with nearly all antibacterial agents and may range in severity from mild to life-threatening. Therefore, it is important to consider this diagnosis in patients who present with diarrhea subsequent to the administration of antibacterial agents.

Treatment with antibacterial agents alters the normal flora of the colon and may permit overgrowth of clostridia. Studies indicate that a toxin produced by *Clostridium difficile* is a primary cause of "antibiotic-associated colitis."

After the diagnosis of pseudomembranous colitis has been established, therapeutic measures should be initiated. Mild cases of pseudomembranous colitis usually respond to discontinuation of the drug alone. In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation, and treatment with an antibacterial drug clinically effective against *Clostridium difficile* colitis.

PRECAUTIONS

General: Because azithromycin is principally eliminated via the liver, caution should be exercised when azithromycin is administered to patients with impaired hepatic function.

There are no data regarding azithromycin usage in patients with renal impairment; thus, caution should be exercised when prescribing azithromycin in these patients.

The following adverse events have not been reported in clinical trials with azithromycin, an azalide, however they have been reported with macrolide products: ventricular arrhythmias, including ventricular tachycardia and *torsades de pointes*, in individuals with prolonged QT intervals.

There has been a spontaneous report from the post-marketing experience of a patient with previous history of arrhythmias who experienced *torsades de pointes* and subsequent myocardial infarction following a course of azithromycin therapy.

Information for Patients: Patients should be cautioned to take ZITHROMAX® suspension at least one hour prior to a meal or at least two hours after a meal. This medication should not be taken with food.

Patients should also be cautioned not to take aluminum- and magnesium-containing antacids and azithromycin simultaneously.

The patient should be directed to discontinue azithromycin immediately and contact a physician if any signs of an allergic reaction occur.

Drug Interactions: Aluminum- and magnesium-containing antacids reduce the peak serum levels (rate) but not the AUC (extent) of azithromycin absorption.

Administration of cimetidine (800 mg) two hours prior to azithromycin had no effect on azithromycin absorption.

Azithromycin did not affect the plasma levels or pharmacokinetics of theophylline administered as a single intravenous dose. The effect of azithromycin on the plasma levels or pharmacokinetics of theophylline administered in multiple doses resulting in therapeutic steady-state levels of theophylline is not known. However, concurrent use of macrolides and theophylline has been associated with increases in the serum concentrations of theophylline. Therefore, until further data are available, prudent medical practice dictates careful monitoring of plasma theophylline levels in patients receiving azithromycin and theophylline concomitantly.

Azithromycin did not affect the prothrombin time response to a single dose of warfarin. However, prudent medical practice dictates careful monitoring of prothrombin time in all patients treated with azithromycin and warfarin concomitantly. Concurrent use of macrolides and warfarin in clinical practice has been associated with increased anticoagulant effects.

The following drug interactions have not been reported in clinical trials with azithromycin; however, no specific drug interaction studies have been performed to evaluate potential drug-drug interaction. Nonetheless, they have been observed with macrolide products. Until further data are developed regarding drug interactions when azithromycin and these drugs are used concomitantly, careful monitoring of patients is advised.

Digoxin–elevated digoxin levels

Ergotamine or dihydroergotamine–acute ergot toxicity characterized by severe peripheral vasospasm and dysesthesia.

Triazolam–decrease the clearance of triazolam and thus may increase the pharmacologic effect of triazolam.

Drugs metabolized by the cytochrome P^{450} system–elevations of serum carbamazepine, terfenadine, cyclosporine, hexobarbital, and phenytoin levels.

Laboratory Test Interactions: There are no reported laboratory test interactions.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Long-term studies in animals have not been performed to evaluate carcinogenic potential. Azithromycin has shown no mutagenic potential in standard laboratory tests: mouse lymphoma assay, human lymphocyte clastogenic assay, and mouse bone marrow clastogenic assay. No evidence of impaired fertility due to azithromycin was found.

Pregnancy: Teratogenic Effects: Pregnancy Category B. Reproduction studies have been performed in rats and mice at doses up to moderately maternally toxic dose levels (i.e., 200 mg/kg/day). These doses, based on a mg/m² basis, are estimated to be 4 and 2 times, respectively, the human daily dose of 500 mg. In the animal studies, no evidence of harm to the fetus due to azithromycin was found. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, azithromycin should be used during pregnancy only if clearly needed.

Nursing Mothers: It is not known whether azithromycin is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when azithromycin is administered to a nursing woman.

Pediatric Use: (INDICATIONS AND USAGE.)

Acute Otitis Media (dosage regimen: 10 mg/kg on Day 1 followed by 5 mg/kg on Days 2-5): Safety and effectiveness in the treatment of children with otitis media under 6 months of age have not been established.

Community-Acquired Pneumonia (dosage regimen: 10 mg/kg on Day 1 followed by 5 mg/kg on Days 2-5): Safety and effectiveness in the treatment of children with community-acquired pneumonia under 6 months of age have not been established. Safety and effectiveness for pneumonia due to *Chlamydia pneumoniae* and *Mycoplasma pneumoniae* were documented in pediatric clinical trials. Safety and effectiveness for pneumonia due to *Haemophilus influenzae* and *Streptococcus pneumoniae* were not documented bacteriologically in the pediatric clinical trial due to difficulty in obtaining specimens. Use of azithromycin for these two microorganisms is supported, however, by evidence from adequate and well-controlled studies in adults.

Pharyngitis/Tonsillitis (dosage regimen: 12 mg/kg on Days 1-5): Safety and effectiveness in the treatment of children with pharyngitis/tonsillitis under 2 years of age have not been established.

Studies evaluating the use of repeated courses of therapy have not been conducted.

Geriatric Use: Pharmacokinetic parameters in older volunteers (65-85 years old) were similar to those in younger volunteers (18-40 years old) for the 5-day therapeutic regimen. Dosage adjustment does not appear to be necessary for older patients with normal renal and hepatic function receiving treatment with this dosage regimen.

ADVERSE REACTIONS

In clinical trials, most of the reported side effects were mild to moderate in severity and were reversible upon discontinuation of the drug. Approximately 0.7% of the patients (adults and children) from the multiple-dose clinical trials discontinued ZITHROMAX® (azithromycin) therapy because of treatment-related side effects. Most of the side effects leading to discontinuation were related to the gastrointestinal tract, e.g., nausea, vomiting, diarrhea, or abdominal pain. Potentially serious side effects of angioedema and cholestatic jaundice were reported rarely.

Clinical Adults: *Multiple-dose regimen.* Overall, the most common side effects in adult patients receiving a multiple-dose regimen of ZITHROMAX® were related to the gastrointestinal system with diarrhea/loose stools (5%), nausea (3%), and abdominal pain (3%) being the most frequently reported.

No other side effects occurred in patients on the multiple-dose regimen of ZITHROMAX® with a frequency greater than 1%. Side effects that occurred with a frequency of 1% or less included the following.

Cardiovascular: Palpitations, chest pain

Gastrointestinal: Dyspepsia, flatulence, vomiting, melena, and cholestatic jaundice

Genitourinary: Monilia, vaginitis, and nephritis

Nervous System: Dizziness, headache, vertigo, and somnolence

General: Fatigue

Allergic: Rash, photosensitivity, and angioedema

Single 1-gram dose regimen Overall, the most common side effects in patients receiving a single-dose regimen of 1 gram of ZITHROMAX® were related to the gastrointestinal system and were more frequently reported than in patients receiving the multiple-dose regimen.

Side effects that occurred in patients on the single one-gram dosing regimen of ZITHROMAX® with a frequency of 1% or greater included diarrhea/loose stools (7%), nausea (5%), abdominal pain (5%), vomiting (2%), dyspepsia (1%), and vaginitis (1%).

Single 2-gram dose regimen Overall, the most common side effects in patients receiving a single 2-gram dose of ZITHROMAX® were related to the gastrointestinal system. Side effects that occurred in patients in this study with a frequency of 1% or greater included nausea (18%), diarrhea/loose stools (14%), vomiting (7%), abdominal pain (7%), vaginitis (2%), dyspepsia (1%), and dizziness (1%). The majority of these complaints were mild in nature.

Children: *Multiple-dose regimens* The types of side effects in children were comparable to those seen in adults, with different incidence rates for the two dosage regimens recommended in children.

Acute Otitis Media: For the recommended dosage regimen of 10 mg/kg on Day 1 followed by 5 mg/kg on Days 2-5, the most frequent side effects attributed to treatment were diarrhea/loose stools (2%), abdominal pain (2%), vomiting (1%), and nausea (1%).

Community-Acquired Pneumonia: For the recommended dosage regimen of 10 mg/kg on Day 1 followed by 5 mg/kg on Days 2-5, the most frequent side effects attributed to treatment were diarrhea/loose stools (5.8%), abdominal pain, vomiting, and nausea (1.9% each), and rash (1.6%).

Pharyngitis/tonsillitis: For the recommended dosage regimen of 12 mg/kg on Days 1-5, the most frequent side effects attributed to treatment were diarrhea/loose stools (6%), vomiting (5%), abdominal pain (3%), nausea (2%), and headache (1%).

With either treatment regimen, no other side effects occurred in children treated with ZITHROMAX® with a frequency greater than 1%. Side effects that occurred with a frequency of 1% or less included the following:

Cardiovascular: Chest pain

Gastrointestinal: Dyspepsia, constipation, anorexia, flatulence, and gastritis

Nervous System: Headache (otitis media dosage), hyperkinesis, dizziness, agitation, nervousness, insomnia

General: Fever, fatigue, malaise

Allergic: Rash

Skin and Appendages: Pruritus, urticaria

Special Senses: Conjunctivitis

Post-Marketing Experience: Adverse events reported with azithromycin during the post-marketing period in adult and/or pediatric patients for which a causal relationship may not be established include:

Allergic: Arthralgia, edema, urticaria, angioedema

Cardiovascular: Arrhythmias including ventricular tachycardia

Gastrointestinal: Anorexia, constipation, dyspepsia, flatulence, vomiting/diarrhea rarely resulting in dehydration, pseudomembranous colitis and rare reports of tongue discoloration

General: Asthenia, paresthesia and anaphylaxis (rarely fatal)

Genitourinary: Interstitial nephritis and acute renal failure, moniliasis, vaginitis

Hematopoietic: Thrombocytopenia

Liver/Biliary: Abnormal liver function including hepatitis and cholestatic jaundice, as well as rare cases of hepatic necrosis and hepatic failure, which have rarely resulted in death

Nervous System: Convulsions, dizziness/vertigo, headache, somnolence, hyperactivity, nervousness, and agitation

Psychiatric: Aggressive reaction and anxiety

Skin/Appendages: Pruritus, rarely serious skin reactions including erythema multiforme, Stevens-Johnson Syndrome, and toxic epidermal necrolysis

Special Senses: Hearing disturbances including hearing loss, deafness, and/or tinnitus, rare reports of taste perversion

Laboratory Abnormalities; Adults: Significant abnormalities (irrespective of drug relationship) occurring during the clinical trials were reported as follows: with an incidence of 1-2%, elevated serum creatine phosphokinase, potassium, ALT (SGPT), and AST (SGOT); with an incidence of less than 1%, leukopenia, neutropenia, decreased platelet count, elevated serum alkaline phosphatase, bilirubin, BUN, creatinine, blood glucose, LDH, and phosphate.

When follow-up was provided, changes in laboratory tests appeared to be reversible.

In multiple-dose clinical trials involving more than 3000 patients, 3 patients discontinued therapy because of treatment-related liver enzyme abnormalities and 1 because of a renal function abnormality.

Children: Significant abnormalities (irrespective of drug relationship) occurring during clinical trials were all reported at a frequency of less than 1%, but were similar in type to the adult pattern.

In multiple-dose clinical trials involving almost 3300 pediatric patients, no patients discontinued therapy because of treatment-related laboratory abnormalities.

DOSAGE AND ADMINISTRATION (See INDICATIONS AND USAGE.)

Acute Otitis Media and Community-Acquired Pneumonia: The recommended dose of ZITHROMAX® for oral suspension for the treatment of children with acute otitis media and community-acquired pneumonia is 10 mg/kg as a single dose on the first day (not to exceed 500 mg/day) followed by 5 mg/kg on days 2 through 5 (not to exceed 250 mg/day).

Pharyngitis/Tonsillitis: The recommended dose for children with pharyngitis/tonsillitis is 12 mg/kg once a day for 5 days (not to exceed 500 mg/day).

ZITHROMAX® for oral suspension should be given at least 1 hour before or 2 hours after a meal.

ZITHROMAX® for oral suspension should not be taken with food.

For more detailed product information please refer to the full prescribing information or call 1-800-879-3477.

Revised July 2000

ZC175X00

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Smart Kids, Poor Grade

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totally disinterested in is part of the self-discipline needed to succeed in our jobs, our marriages, and especially in raising our own children," Peters says. "The real world will not tolerate a slacker, and employers have little patience for tardiness or fooling around on the job."

Since underachievement is a learned behavior, Rimm says, new behaviors, habits, and attitudes can also be learned. By working together, parents, teachers, and students can reverse many of the problems.

Rimm's recommendations, outlined in her book, *Why Bright Kids Get Poor Grades—and What You Can Do About It* (1995), begin with a thorough assessment to determine the extent and direction of a child's underachievement. Through either informal evaluations by the teacher and parent, or through formal testing methods, parents can get an idea of the degree of their child's problem.

When families and friends have grown accustomed to a student's underachievement, it is important to adjust expectations in order for change to occur. The goal need not be to earn straight A's, Rimm says. "If the kid is working and doing the best that he can do, that's achievement. Kids can get C's and be achievers, and kids can get A's and be underachievers," says Rimm.

Some academic underachievers may need extra help to correct deficiencies in their skills, Rimm says. Tutors or parents can help students develop good study methods and monitor new homework practices.

All sizes and shapes

Underachievement is a national problem that results in a tremendous waste of human potential, agrees Suzanne Schneider, a licensed clinical psychologist and president of the Center for the Gifted in Philadelphia.

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mart Kids, Poor Grades

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'But treating underachievers all ke just doesn't work," Schneider ys. Specific patterns of under- hievement, such as those listed low, need to be identified and dealt ith in different ways.

Avoider of Responsibility. The ost common type of underachiev- is the child who is friendly and sygoing, but who avoids responsi- lities and is forgetful, distracted, unmotivated. Parents can help, chneider says, by setting realistic xpectations for the student's chievement, calmly confronting eir excuses, establishing regular udy times, and stressing the con- ection between effort and outcome.

The Worrier. Some underachievers re anxious worriers who may be erfectionists or procrastinators. cknowledgment of their anxiety, long with relaxation techniques, can elp. Parents should confront the erfectionism, and help each child nderstand his or her own abilities.

The Seeker/Philosopher. The ntrospective child may be emotion- l, philosophical, and searching for dentity, Schneider says. Parents eed to be good listeners, but must lso discuss how the long-term con- sequences of underachievement re- ate to academic and personal goals.

The Misbehaver. Children whose reative needs are not met may mis- ehave and underachieve to define hemselves as separate people. They nust be shown more appropriate ways to satisfy needs, and parents nd teachers must resist giving in to temper tantrums, Schneider says.

Victims of Discrimination. Stu- dents who develop a pattern of nderachievement as a result of dis- crimination—for whatever reason— need to have those experiences and feelings acknowledged, Schneider says. A safe environment needs to be established for the child with achiev- ng role models and friends.

Finally, Schneider warns that in their loving concern for their chil- dren, parents may do too much for them. Working parents may over- compensate for time away from their kids, or busy adults may find it easier to do a task themselves rather than to encourage a child to do it. As a result, kids may not learn to take sufficient responsibility for themselves.

Parents lead the way to change

To reverse patterns of under- achievement, Peters suggests that parents work with teachers to clearly determine the child's daily school- work expectations.

For example, parents can help their child make daily assignment sheets on which he or she will list all subjects and homework assignments. At the end of each class, the child is to go to the teacher for a signature verifying the assignments and due dates. Teachers let the parents know if assignments are not turned in.

Along with the daily assignment sheet, kids must bring home all materials needed to complete home- work, do the work in a reasonably civil manner, and pack their home- work organizer for the next day.

Completion of all these tasks con- stitutes "A Good Day," for which the student will earn a "positive rein- forcer" in the form of an allowance to spend in a legitimate fashion, such as clothing. Or the child might earn a special activity, play time (or, for older kids, freedom!), or the use of the TV, computer games, the Inter- net, videos, telephone, or stereos.

Peters says, "If your child can learn at an early age to do something he doesn't particularly want to do and be persistent, and have the self- discipline to do that, you've just given that child the key to all the doors in life." ⌂



Fashion Tips:

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editor's choice

Hawaii in Your Home

Gone tropo, they call it. Gardeners who have enthusiastically (some would say feverishly) embraced the tropicalismo wave of gardening—bamboos, even bananas, hardy to 20 below—are painting the landscape with a whole new palette. Here's another artful twist for the terra tropical: the plumeria tree, famed for the perfumed, swirling blossoms strung together in Hawaiian leis.

You can indeed plant a plumeria, or frangipani, in your yard and lift it in fall much like you would a dahlia, canna, or banana. The root ball is surprisingly small. Since the tree loses its leaves and goes dormant over winter, you can easily store it in the basement in a pot or even in a garbage bag.

But plumerias are also a wonderful indoor container subject. Set before a south-facing window, the dormancy period is drastically reduced—in some warmer climes to less than three weeks. Just cut back on watering and feeding after Christmas. I like to add the tall begonia Dragon Wings to dress up the pot during this bare-limbs period.

- **Light:** Full sun.
- **Hardiness:** To about 35°.
- **Growth habit:** Knee-high to 20 feet.
- **Bloom time:** Late spring or summer to fall.

by Craig Summers Black

continued on page 54

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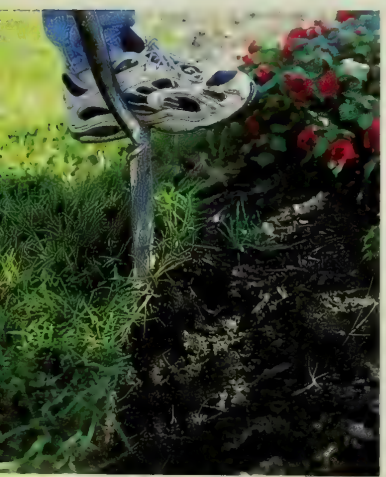
perfect pairs™

Froth as a foil

The purple-and-gold combination is as effective as it is omnipresent. But the introduction of a frothy white backdrop, such as this willow, Hakuro-nishiki (*right*), shoves the standard color combo to the fore, making the contrast all the bolder. The white also works as transition, easing the duo into the landscape.



The variegated willow (*background*) provides presentation and transition to a gold elderberry (*center*) and purple smokebush (*right*) in this Pennsylvania landscape.





test garden tip

Edgy landscaping

Somehow crisp edging between lush lawn and your little flowering lovelies can transcend all manner of garden faults. If your edging is neat and mannered, visitors will sometimes overlook even the occasional (more than occasional?) weed. Mowing strips made of stone or brick are stalwart edgers, but a simple V-shaped trough works just as well and is without cost.

Slice your spade straight down into the turf 3 to 4 inches, continuing the length of the garden bed. Then come back and dig out the bedside area at about a 45-degree angle. This does wonders in air-pruning pesky grass runners.

update

New and noted, seen and quoted

- **Water unwise:** Homeowners with conservation-minded Xeriscape gardens use *more* water than traditional gardeners, according to research at Arizona State University. How can that be? Seems the problem is people, not plants. They water too much.
- **Only the lonely:** "No tree likes growing on its own. A single tree is a lonely tree. Even small trees encourage each other," said author Hugh Johnson at the San Francisco Flower & Garden Show.
- **Patting ourselves on the back:** The favorite magazine among gardeners, says an American Nursery and Landscape Association survey, is the one you hold in your hands.

Buying information, page 135

TYPE 2 DIABETES?



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Important Information:

Glucovance is not for everyone. In rare cases, Glucovance or Glucophage may cause lactic acidosis. If it occurs, it can be fatal in up to half the cases. Lactic acidosis occurs mainly in people whose kidneys are not functioning properly. You should not take these drugs if you: have kidney problems, are 80 or older (unless you have your kidneys tested), are taking medication for heart failure, are seriously dehydrated, have a severe infection, have a history of liver disease or drink alcohol excessively.

The most common side effects are normally minor ones such as diarrhea, nausea, and upset stomach. Symptoms of hypoglycemia (low blood sugar), such as lightheadedness, dizziness, shakiness, or hunger may also occur.
Please see additional important patient information on the next page.

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WARNING: A small number of people who have taken metformin hydrochloride have developed a serious condition called lactic acidosis. Properly functioning kidneys are needed to help prevent lactic acidosis. Most people with kidney problems should not take GLUCOVANCE. (See Question Nos. 9-13.)

Q1. Why do I need to take GLUCOVANCE?
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Q2. What is type 2 diabetes?
People with diabetes are not able to make enough insulin and/or respond normally to the insulin their body does make. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems including kidney damage, amputations, and blindness. Diabetes is also closely linked to heart disease. The main goal of treating diabetes is to lower your blood sugar to a normal level.

Q3. Why is it important to control type 2 diabetes?
The main goal of treating diabetes is to lower your blood sugar to a normal level. Studies have shown that good control of blood sugar may prevent or delay complications such as heart disease, kidney disease, or blindness.

Q4. How is type 2 diabetes usually controlled?
High blood sugar can be lowered by diet and exercise, by a number of oral medications, and by insulin injections. Before taking GLUCOVANCE you should first try to control your diabetes by exercise and weight loss. Even if you are taking GLUCOVANCE, you should still exercise and follow the diet recommended for your diabetes.

Q5. Does GLUCOVANCE work differently from other glucose-control medications?
Yes it does. GLUCOVANCE combines two glucose lowering drugs, glyburide and metformin. These two drugs work together to improve the different metabolic defects found in type 2 diabetes. Glyburide lowers blood sugar primarily by causing more of the body's own insulin to be released, and metformin lowers blood sugar, in part, by helping your body use your own insulin more effectively. Together, they are efficient in helping you achieve better glucose control.

Q6. What happens if my blood sugar is still too high?
When blood sugar cannot be lowered enough by GLUCOVANCE your doctor may prescribe injectable insulin or take other measures to control your diabetes.

Q7. Can GLUCOVANCE cause side effects?
GLUCOVANCE, like all blood sugar-lowering medications, can cause side effects in some patients. Most of these side effects are minor. However, there are also serious, but rare, side effects related to GLUCOVANCE (see **Q9 - Q13**).

Q8. What are the most common side effects of GLUCOVANCE?
The most common side effects of GLUCOVANCE are normally minor ones such as diarrhea, nausea, and upset stomach. If these side effects occur, they usually occur during the first few weeks of therapy. Taking your GLUCOVANCE with meals can help reduce these side effects.
Less frequently, symptoms of hypoglycemia (low blood sugar), such as lightheadedness, dizziness, shakiness, or hunger may occur. The risk of hypoglycemic symptoms increases when meals are skipped, too much alcohol is consumed, or heavy exercise occurs without enough food. Following the advice of your doctor can help you to avoid these symptoms.

Q9. Are there any serious side effects that GLUCOVANCE can cause?
GLUCOVANCE rarely causes serious side effects. The most serious side effect that GLUCOVANCE can cause is called lactic acidosis.

Q10. What is lactic acidosis and can it happen to me?
Lactic acidosis is caused by a buildup of lactic acid in the blood. Lactic acidosis associated with metformin is rare and has occurred mostly in people whose kidneys were not working normally. Lactic acidosis has been reported in about one in 33,000 patients taking metformin over the course of a year. Although rare, if lactic acidosis does occur, it can be fatal in up to half the cases.

It's also important for your liver to be working normally when you take GLUCOVANCE. Your liver helps remove lactic acid from your bloodstream.

Your doctor will monitor your diabetes and may perform blood t
you from time to time to make sure your kidneys and your liver a
tioning normally.
There is no evidence that GLUCOVANCE causes harm to the kidn
liver.

Q11. Are there other risk factors for lactic acidosis?
Your risk of developing lactic acidosis from taking GLUCO
(Glyburide and Metformin HCl Tablets) is very low as long as your
and liver are healthy. However, some factors can increase y
because they can affect kidney and liver function. You should
your risk with your physician.
You should not take GLUCOVANCE if:
- You have chronic kidney or liver problems
- You have congestive heart failure which is treated with medi
e.g., digoxin (Lanoxin®) or furosemide (Lasix®)
- You drink alcohol excessively (all the time or short-term "binge" d
- You are seriously dehydrated (have lost a large amount of body
- You are going to have certain x-ray procedures with injectable c
agents
- You are going to have surgery
- You develop a serious condition such as a heart attack, sever
tion, or a stroke
- You are ≥80 years of age and have NOT had your kidney functio

Q12. What are the symptoms of lactic acidosis?
Some of the symptoms include: feeling very weak, tired or uncomf
unusual muscle pain, trouble breathing, unusual or unexpected s
discomfort, feeling cold, feeling dizzy or lightheaded, or suddenl
oping a slow or irregular heartbeat.
If you notice these symptoms, or if your medical condition has s
changed, stop taking GLUCOVANCE tablets and call your doc
away. Lactic acidosis is a medical emergency that must be trea
hospital.

**Q13. What does my doctor need to know to decrease my risk of lact
dosis?**
Tell your doctor if you have an illness that results in severe vomitin
rhea, and/or fever, or if your intake of fluids is significantly reduce
situations can lead to severe dehydration, and it may be neces
stop taking GLUCOVANCE temporarily.
You should let your doctor know if you are going to have any su
specialized x-ray procedures that require injection of contrast
GLUCOVANCE therapy will need to be stopped temporarily
instances.

Q14. Can I take GLUCOVANCE with other medications?
Remind your doctor that you are taking GLUCOVANCE when a
drug is prescribed or a change is made in how you take a drug
prescribed. GLUCOVANCE may interfere with the way some dru
and some drugs may interfere with the action of GLUCOVANCE.

Q15. What if I become pregnant while taking GLUCOVANCE?
Tell your doctor if you plan to become pregnant or have becom
nant. As with other oral glucose-control medications, you should
GLUCOVANCE during pregnancy.
Usually your doctor will prescribe insulin while you are pregnant.
all medications, you and your doctor should discuss the use of G
VANCE if you are nursing a child.

Q16. How do I take GLUCOVANCE?
Your doctor will tell you how many GLUCOVANCE tablets to ta
how often. This should also be printed on the label of your pres
You will probably be started on a low dose of GLUCOVANCE a
dosage will be increased gradually until your blood sugar is contr

Q17. Where can I get more information about GLUCOVANCE?
This leaflet is a summary of the most important information abo
COVANCE. If you have any questions or problems, you should
your doctor or other healthcare provider about type 2 diabetes as
GLUCOVANCE and its side effects. There is also a leaflet (package
written for health professionals that your pharmacist can let you r

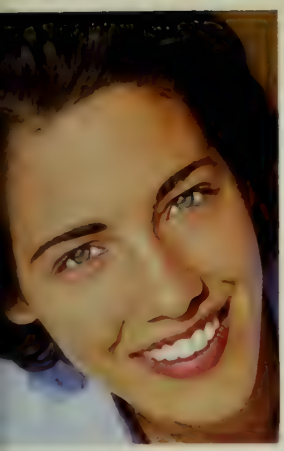
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The kitchen's smooth traffic flow simplifies food preparation. The refrigerator, ovens, and cooktop (*above*) are on the outer wall; the dishwasher and sink are in the island.

by Patricia Prijatel

Store-It-All Kitchen

We often expect the impossible of our kitchens.



A microwave should be centrally located at eye level, but it doesn't need to be in plain sight at all times. This sliding door (*right*) flips down to hide the oven and quickly glides up for use.



The two bins in this handy drawer (*right*) can be used for garbage or recyclables. The cabinet holding the bins can make a tight squeeze, too, fitting into a spot as narrow as 15 inches.

We squeeze them with appliances and pack cupboards with cookware and cookbooks—and still expect easy access to spatulas or spice jars when we need them. We use kitchens more than any other rooms, yet we expect them to look like they've never been touched. We want them to work without a sweat.

No sweat, says kitchen designer Cherie Brown, who believes an uncluttered but usable kitchen is not so impossible after all. She packed this Overland Park, Kansas, kitchen with built-in storage components that hide the mess and make cleanup a cinch.

Key to the 10x15-foot kitchen's efficiency is a large island that hides a multitude of bins. One cabinet door slides out to become a recycling center; deep drawers are designed to store dishes. The tip of the island curves into an eating bar, with two cabinets hidden underneath for bonus storage.



Storing dishes in a drawer (*left*) puts them next to the dishwasher. Movable pegs allow for flexible and secure stacking.

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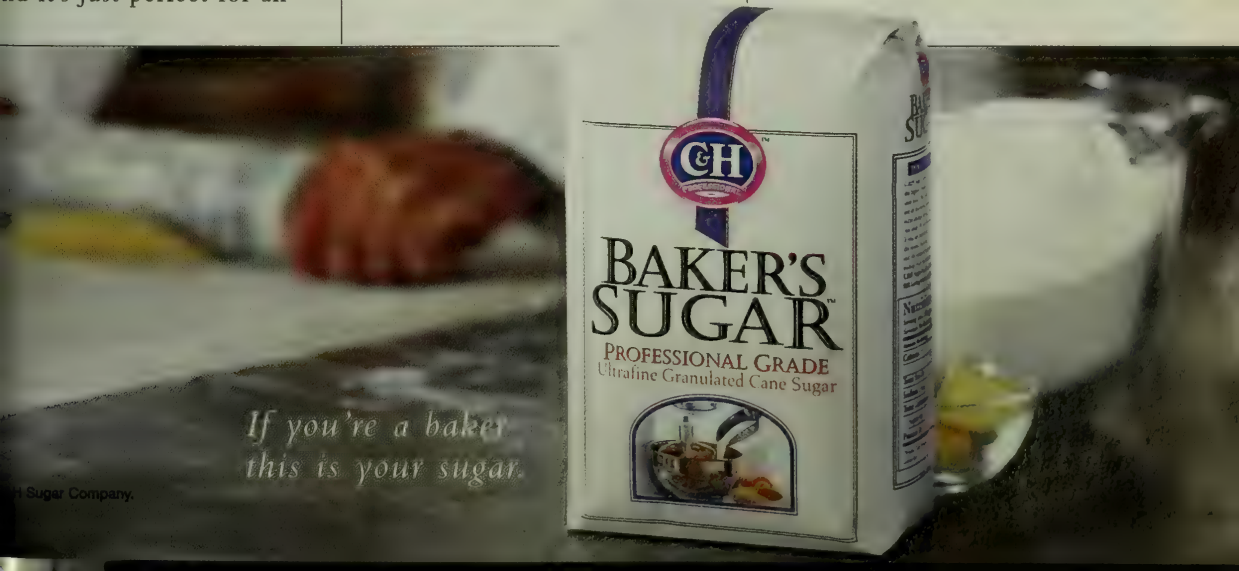
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better by design

The kitchen is the most popular room in many of our homes—after all, it's the place where we catch up after work and school, enjoying time together before the day is over. So it makes sense that our kitchens, like the three featured here, are as warm as the company.

by John Riha









continued from page Z4







Cooking with Wood

Terry and John Leness weren't difficult to please—they simply wanted something imaginative when it came to renovating their Bainbridge Island, Washington, kitchen. After sifting through predictable possibilities, they happened upon the work of kitchen designer Chris Lindsley. Working with architect Bruce Hale, Lindsley designed a mix of warm, furniturelike cabinets. The scheme includes open shelves and conventional cabinets of varying depths that blend into the Leness' early 1900s home.

continued on page Z4

An eclectic mix of shapes, styles, and wood tones make up the Leness' cabinets (*left*). The barrel-shaped cabinet (*above*) supports a cutting board large enough to allow several vegetables to be chopped at the same time.

PHOTOGRAPHS: MICHAEL JENSEN. DESIGNER/WOODWORKER: CHRIS LINDSLEY. ARCHITECT: BRUCE HALE. REGIONAL CONTRIBUTOR: TRISH MAHARAM

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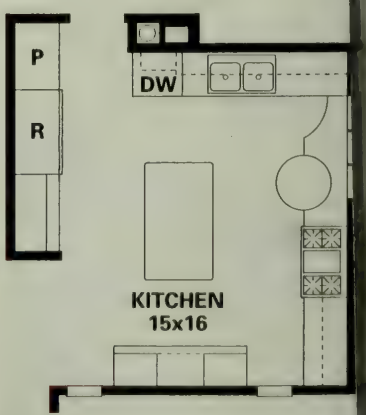




Terry wanted something besides a standard island, so she chose a farm table with an oak top (*left*). Paint colors, such as the aqua blue cabinet trim around the dishwasher, are complementary to her collection of bowls and Fiestaware (*left* and *above*). A few steps away, daughter Liz (*below*) writes on the chalkboard-fronted fridge.

Eating and bookkeeping functions moved from the main kitchen to the old entry/hallway areas, gaining room for generous work centers devoted to baking and cleanup. But the cabinets remain the highlight, featuring a warm mix of woods: cherry, sycamore, beech, brown oak, and three different maples. "Today's kitchen is becoming the living room of the house," Lindsley says. "It's a gathering place. People want a sense of individuality."

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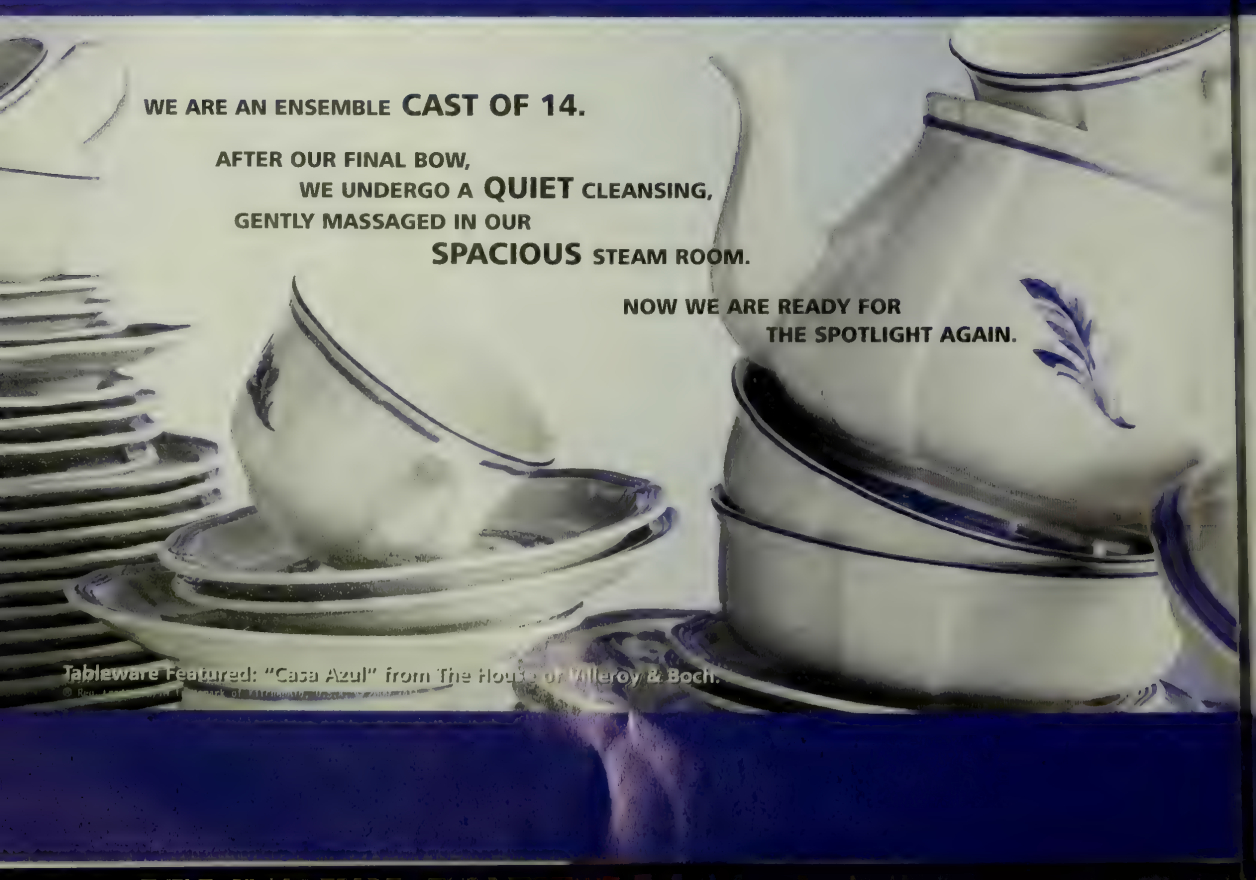
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Romancing the Home

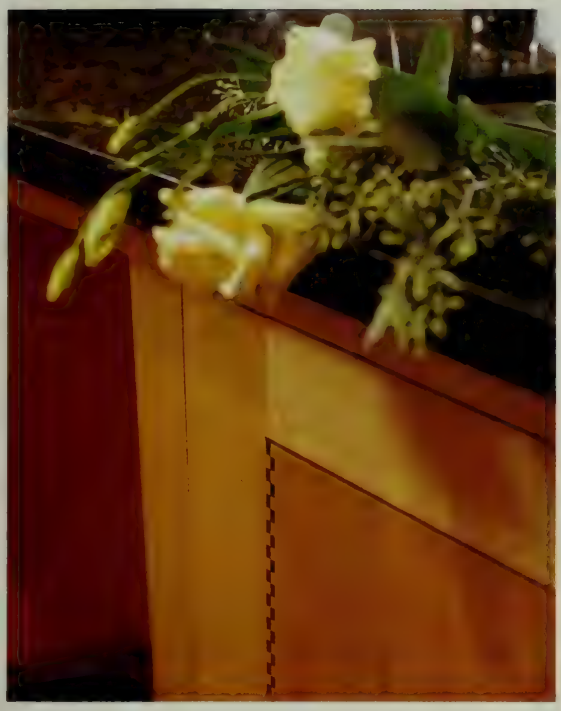
The most inviting kitchens often echo the personalities of the people who designed them. In Diana and Joe Carter's newly built Kansas home, the kitchen is a direct reflection of Diana's good-natured charm. "I wanted a European look that is romantic and relaxing," says Diana, an interior designer. "Something that had an old-world feel, but with a contemporary edge."

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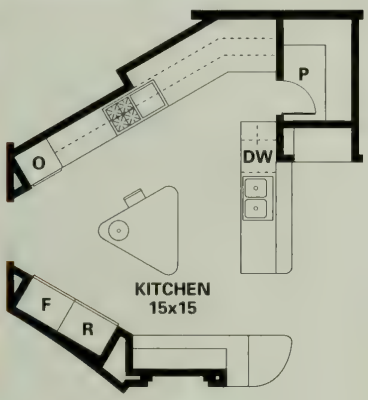


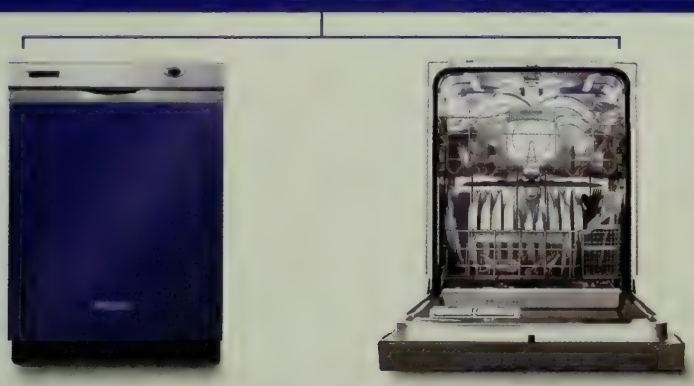


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Much of the kitchen's charm comes from attention to details. The maple cabinet doors feature marquetry insets of walnut (*left*), a dark wood that echoes the granite countertops.





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continued from page Z7



The triangular island offers lots of storage, a wine rack, and display bins for colorful foodstuffs, such as beans and pasta. The three-sided shape allows plenty of room for multiple cooks within a compact kitchen footprint.

Situated just off the family room, the kitchen has an airy feel, thanks to high ceilings and generous amounts of natural light. Pale maple cabinets and rich cherry strip flooring in a herringbone pattern fill the space with the warmth and tranquillity of wood. Granite countertops complement the textures and colors.

The design of the house allowed the kitchen to be three-sided. A triangular-shaped island boasts a small sink and presents easy-to-reach work surfaces—with a jazzy, unconventional flair.

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Buying information, page Z12





buying guide

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Cooking with Wood

Pages Z2–Z3: lights—Seattle Lighting, 222-2nd Ave. S, Seattle, WA 98122; 206/622-4736. **Espresso machine**—Braun Appliances USA, 55 Cambridge Pkwy., Cambridge, MA 02142. **Juicer and rug**—City Peoples Mercantile, 5400 Sand Point Way, Seattle, WA 98122; 206/524-1200. **Stockpot, toaster, and glass pitcher**—Williams-Sonoma; 800/541-2233; www.williams-sonoma.com. **Mixer**—KitchenAid; 800/422-1230; www.kitchenaid.com. **Stone behind range**—Ann Sacks Tile & Stone, 8120 NE. 33rd Dr., Portland, OR 97211; 800/278-8453. **Windows**—Marvin Windows & Doors; 888/537-8268. **Custom range hood, cabinets, flooring, wood countertops**—Chris Parrish, Cooking with Wood, 3314-21st Ave., S, Seattle, WA 98144; 206/725-6178. **Range**—La Canche/Professional Home Kitchens, 1504-145th Pl., SE, Bellevue, WA 98007; 800/570-2433; on the Web at www.sales@lacanche.com. **Cabinet hardware**—Colonial Bronze Co., P.O. Box 207, Torrington, CT 06790; 860/489-9233. **Sink countertop**—Cacallori Marble & Granite, Inc., 1535 S. Albro Pl., Seattle, WA 98108; 206/767-6300. **Paint**— Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com.

Page Z4: refrigerator—Sub-Zero Freezer, Inc., 4717 Hammersley Rd., Madison, WI 53774-4130; for dealer locations call 800/222-7820; on the Web at www.subzero.com. **Custom kitchen island, flooring**—Chris Parrish, Cooking with Wood (address above). **Dishwasher**—Miele, Inc., 9 Independence Way, Princeton, NJ 08540; 800/843-7231. **Dishes**—personal collection. **Paint**—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com.

Romancing the Home

Pages Z6–Z7: cabinets—Quality Wood Products, 14111 Marshall Dr., Lenexa, KS 66215; 913/49 5057. **Granite countertop**—Carthage Marble, 30 Wyoming, Kansas City, MO 66207; 816/561-702 **Tile**—International Materials of Design, 4585 Indi Creek Pkwy., Overland Park, KS 66207; 913/38 3383. **Chair at island**—Pier 1 Imports; 800/447-437 www.pier1.com. **Hanging pot rack, flooring, dini room table and chairs, faucet, paint**—no source **Page Z11: cabinets**—Quality Wood Produc (address above). **Granite countertop**—Carthag Marble (address above). **Tile**—International Materia of Design (address above). **Range and ovens** Thermador, 5551 McFadden Ave., Huntingt Beach, CA 92649; 800/735-4328. **Wine glasses a copper items on top of cabinets**—personal item

A Love of Details

Pages Z14–Z16: windows—custom. **Faucet** "Europlus" no. 33853-IL, Stainless with pull-o spray (Black)—Grohe America Inc., 241 Covingto Dr., Bloomingdale, IL 60108; 630/582-7711. **Po rack**—custom. **Dishwasher**—Bosch-BSH Hom Appliances; 800/866-2022. **Pots and pans**—persona collection. **Cooktop**, "VCT-360-GB"—Viking Rang Corp., 111 Front St., Greenwood, MS 3893 601/455-1200. **Oven**—Dacor, 950 S. Raymond Ave Pasadena, CA 91109-7202; 800/793-0093. **Custo flooring**—Norwegian Woods; 360/779-7633. **Line runner**—Patti King, Ragtime Weavers Designs 206/328-8937. **Granite countertops**, "Peac Juperana"—Allied Marble; 206/763-1250. **Refriger ator**, "FRS 262 SE," Stainless Steel (Black tri Gallery 35)—Frigidaire Home Products, 250 Bobb Jones Expy., Martinez, GA 30907; 800/554-6723 **Custom cabinets**—Advanced Cabinets; 800/471 2708. **Paint**—The Sherwin-Williams Co.; 800/474 3794. **Barstools**—personal items.

architects & designers

Cooking with Wood

Pages Z2–Z4: architect—Bruce Hale, 1914 NW Canoe Pl., Seattle, WA 98117; 206/784-3492. **Designer contractor**—Chris Lindsley, Cooking With Wood 3314-21st Ave., S, Seattle, WA 98144; 206/725-6178

Romancing the Home

Pages Z6–Z11: architect—Wolfgang Trost, 4234 W 94th Terrace, Overland Park, KS 66207; 913/341 0668. **Designer**—Diana Carter; 913/491-4530.

A Love of Details

Pages Z14–Z16: architect and cabinet designer— David Beal, Beal Architects, 700 Hwy. 308, Poulsbo, WA 98370; 360/779-1300.

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continued from page Z11



David and Kate Beal looked at more than 100 samples of stone before settling on the mottled granite used on their countertops (*right*).

A Love of Details

As an architect, David Beal has always appreciated the Arts and Crafts style, and the works of Rennie Macintosh and Frank Lloyd Wright in particular. When it came time to design the kitchen in a new home for himself and his wife, Kate, it was only natural that David invoke influences from those masters of design.

continued on page Z16







Drawers under the cooktop (*left*) provide a convenient and roomy place to store pots and pans. The island-mounted cooktop is directly across from the sink.

Maple floors with cherry borders and square walnut insets (*above*) reflect the design of the cabinets and demonstrate David's love of fine details.

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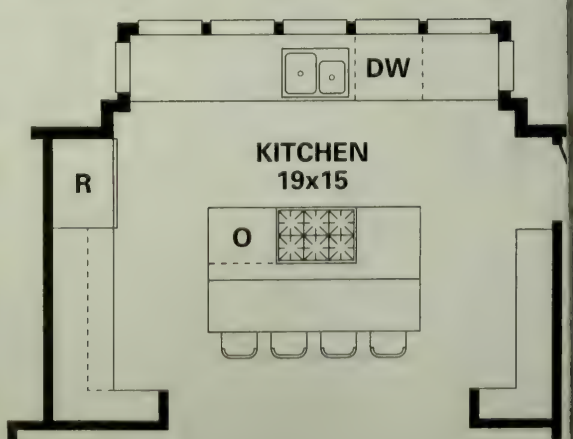
continued from page Z15



The 400-square-foot kitchen is an especially beautiful interpretation of Arts and Crafts design, boasting handsome wood cabinets and exquisitely rendered stained-glass windows overlooking Puget Sound. Rather than use a prominent range hood that might obstruct views, the Beals installed downdraft ventilation at the island cooktop. Comfortable stools facing this area allow guests to relax while dinner is being prepared—and look out to the view. "We're of the theory that a good kitchen is the center of the house," David says. "It should be a welcoming and warm place where people come together." ⌂

Buying information, page Z12

David designed the stained-glass windows using a delicate pattern inspired by Scottish architect Rennie Macintosh.



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Our Picks 2001

PHOTOGRAPH: DOUG E. SMITH

by Craig Summers Black

New plants are introduced every year. We grow them so we know them, then report back to you on only the best of the best. But new isn't always better, so we also include here our recommendations on the tried and true.

Annuals

melianthus



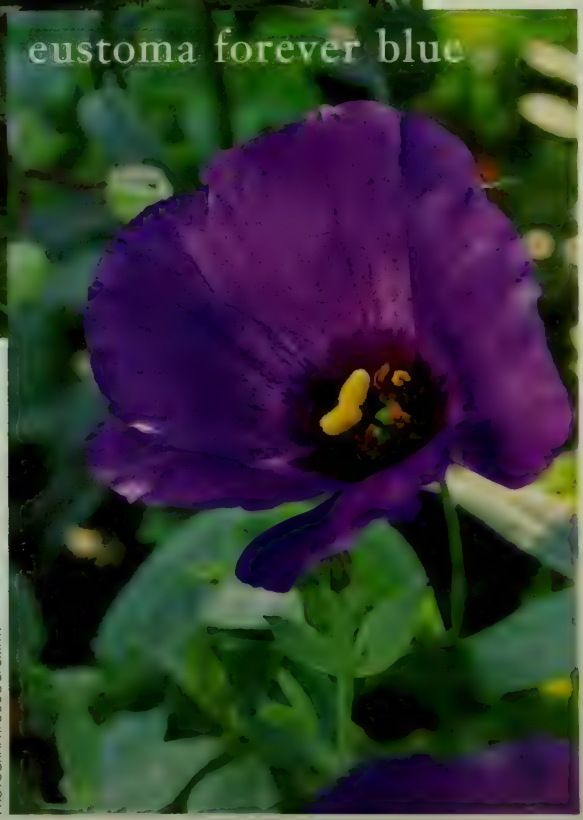
PHOTOGRAPH: SUSAN A. ROTH



"We grew every single one of these plants in the Test Garden last season. Of course, we grew a lot of others, but these we can recommend."

— Mark Kane,
executive garden editor

PHOTOGRAPH: MICHAEL S. THOMPSON



PHOTOGRAPH: DOUG E. SMITH

Dennis the Menace loves it too Melianthus major is showing up in more and more adventurous gardens these days. You may never see it flower in your yard, but that's not the point. The felted, serrated leaves unfold to make an architectural statement all their own. The blue-gray foliage is a stunning foil to companions of all kinds in the border. And kids like it because when you crush a leaf, it smells like peanut butter.

Purple reign Forever Blue, an All-America Selections winner for 2001, stopped many a heart last year. Such a gorgeous color. And what a no-muss, no-fuss plant. This lisianthus, or eustoma, stands upright at about 10 inches. Deadheading helps it perform all season long.

Roses

heritage



A proud heritage This David Austin rose displays all the classic English rose form, with its stunning complement of fully repeating blooms and rich, honeyed fragrance. Heritage is rarely troubled by the usual run of rose diseases and requires little to no effort to attain a 4×4-foot size, fully covered in blossoms. The delicate-looking, shell-like flowers are huge for a shrub rose—4½ inches across.

"If you think pink roses are a dime a dozen, wait till you see Heritage backlit in the morning. It made a believer out of me."

— Craig Summers Black, senior garden editor



Bulb pineapple lily



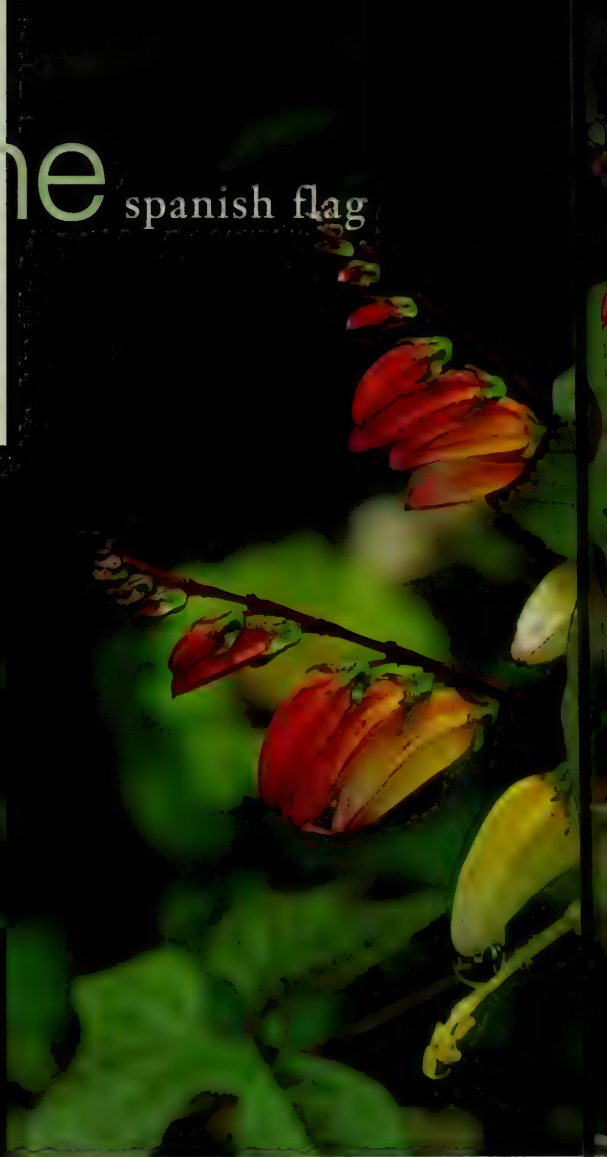
sprinkles

PHOTOGRAPH: KIM CORNELISON

Spires of sparklers Pineapple lilies are tender bulbs, which means they need lifting and storing after frost knocks them down. They are definitely worth the trouble, rewarding you with 12-inch "foxtails" of hundreds of glistening stars. And unlike many summer bulbs, pineapple lilies—or eucomis—bloom almost all season long. Eucomis also comes in a bicolor form, with maroon edging on white flowers, and a purple-leaf version, Sparkling Burgundy, with wine-red flowers. P.S. That curvy flowering spire (*above*) is a lighthearted aberration. Normally the stalks stand at attention.

The lowdown on roses Sun Sprinkles is an All-America Rose Selections winner this year, and one that grows at a decidedly different height—only 18 to 24 inches. This miniature trait makes it a versatile performer. Despite this plant's small stature, the blooms are almost 2 inches across. Picture this diminutive dazzler up front in the flower bed near your door.

Vine spanish flag



Tree franklinia



PHOTOGRAPH: CRAIG SUMMERS BLACK

Living history The renowned Franklinia alatamaha is far better known than grown. This landscape-sized ornamental is worth searching for, not only for its tissue-papery "magnolia" flower, but for the stunning striations in the bark. And, yes, the tree was named for Benjamin—during his lifetime. (Note: Hardy only to minus 10.)

"Spanish flag could be quite at home in a tropical-looking garden—the canna, banana, lantana thing. The leaves are as bizarre as the flower form."

— Doug Hall,
associate garden editor



PHOTOGRAPH: SUSAN A. ROTH

Exotic love? The horticultural Latin is *Mina lobata*, but this annual vine goes by many common names. We call it Spanish flag, if only because its other regional nomenclature is the all-too-easily misconstrued "exotic love." Can you see yourself asking for that at the nursery counter? Spanish flag is a fast grower, easily reaching 10 feet quickly, but flowering awaits the heat of summer. And then it positively explodes in these little boomlets of scarlet, orange, and cream. If you plant this on a trellis, by midsummer you won't even know there is a structure underneath this mass of pointy leaves and fiery flowers.

Perennials

Think big The Gateway eupatorium (*above* in photo at *right*) was without a doubt *the* show-stopper in the *BH&G®* Test Garden last season. And for good reason. These pink powder puffs are about the size of your head, and they sway in the breeze about head-high. A stand of Gateway is stunning in the back of the border. Butterflies love it too.

Such a good-natured grass The Karl Foerster variety of calamagrostis (*below* in photo at *right*) has perfect manners (it doesn't run) and perfect posture (it never slouches). Also to be commended as Perennial Plant Association plant of the year.



PHOTOGRAPH: DOUG E. SMITH

Ground Cover

hosta plantaginea





PHOTOGRAPHS: (LEFT AND ABOVE) DOUG E. SMITH

Double duty The plantaginea hosta cultivar has big, bold, heart-shaped leaves, all glossy green. But this is one hosta actually grown for its flowers, which can be as large as 4 inches long and—get this—have a heaven-sent fragrance. Put three to five of these hostas together, and you won't have to stop and smell the flowers. You'll notice them even as you breeze by. And speaking of double, the Aphrodite variety does all this and more: Its blooms are doubles, so fat they rarely open fully.



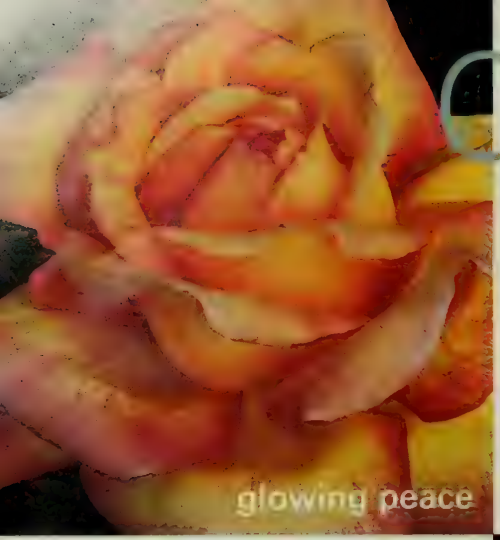
Shrub

ninebark

The devil, you say Ninebark has long been noted for its nifty peeling bark, but only lately has this 6-foot-tall shrub been accused of having gorgeous foliage. Physocarpus Diablo (*above*) has leaves of such dark mahogany that they almost appear black. And Dart's Gold (*above background* and *left*) leafs out in spring a brilliant yellow, one of the brightest visions in the garden at that time of year. All this and flowers too.

To order roses, bulbs, perennials, ground covers, and shrubs, see page 68

Buying information, page 135



Our Picks 2001

We've done the shopping for you! Most of our garden-tested "picks" can be purchased from *Better Homes and Gardens®* magazine. You may find some items to be in short supply in nurseries this spring; others, such as the perennials, have been grown especially for our readers. We ship at the proper time for planting in your zone.

roses

Heritage (*page 62*), and AARS winners **Glowing Peace** (*above*), **Marmalade Skies** (*right*), and **Sun Sprinkles** (*page 63*) are available by arrangement with Edmunds' Roses. *Please order early; quantities are limited.* Roses ship from 12/15/00 to 5/15/01. One rose costs $19.95; additional roses to the same address are $18 each. A charge of $9.50 per order (*regardless of how many roses are ordered*) will be added for shipping, handling, and applicable sales tax. Sorry, we are unable to ship to *AK, HI, Canada, Mexico, or Puerto Rico.*

bulb

Our **White Pineapple Lily Collection** (*page 63*) contains five bulbs. Shipments will be made from 2/1/01 to 5/31/01. One collection costs $34.95; additional collections to the same address are $30 each. Prices include shipping, handling, and applicable sales tax. Sorry, we are unable to ship to *AK, HI, Canada, Mexico, or Puerto Rico.*

garden tested

All of the collections we sell had to pass muster when grown under rigid test conditions in our Test Gardens. We then arranged for growers to supply the plants and bulbs that you purchase.



perennials

Our **Eupatorium Gateway Collection** (*page 65*) and our **Calamagrostis Karl Foerster Collection** (*page 65*) each contain three plants. Grown especially for the readers of *Better Homes and Gardens®* magazine by Carroll Gardens, each collection is shipped in pots, and each plant is about 4 to 5 inches tall. Complete growing instructions are included. Shipments will be made after the last frost date in your area, about 3/15/01 to 6/15/01. *Please order early; quantities are limited.* A single collection costs $44.95; additional collections to the same address are $40 each. You may mix and match eupatorium and calamagrostis for the quantity price discount. Prices include shipping, handling, and applicable sales tax. Sorry, we are unable to make shipments to *AK, AZ, CA, HI, ID, NV, OR, UT, WA, Canada, Mexico, or Puerto Rico.* Please specify collection(s) desired.

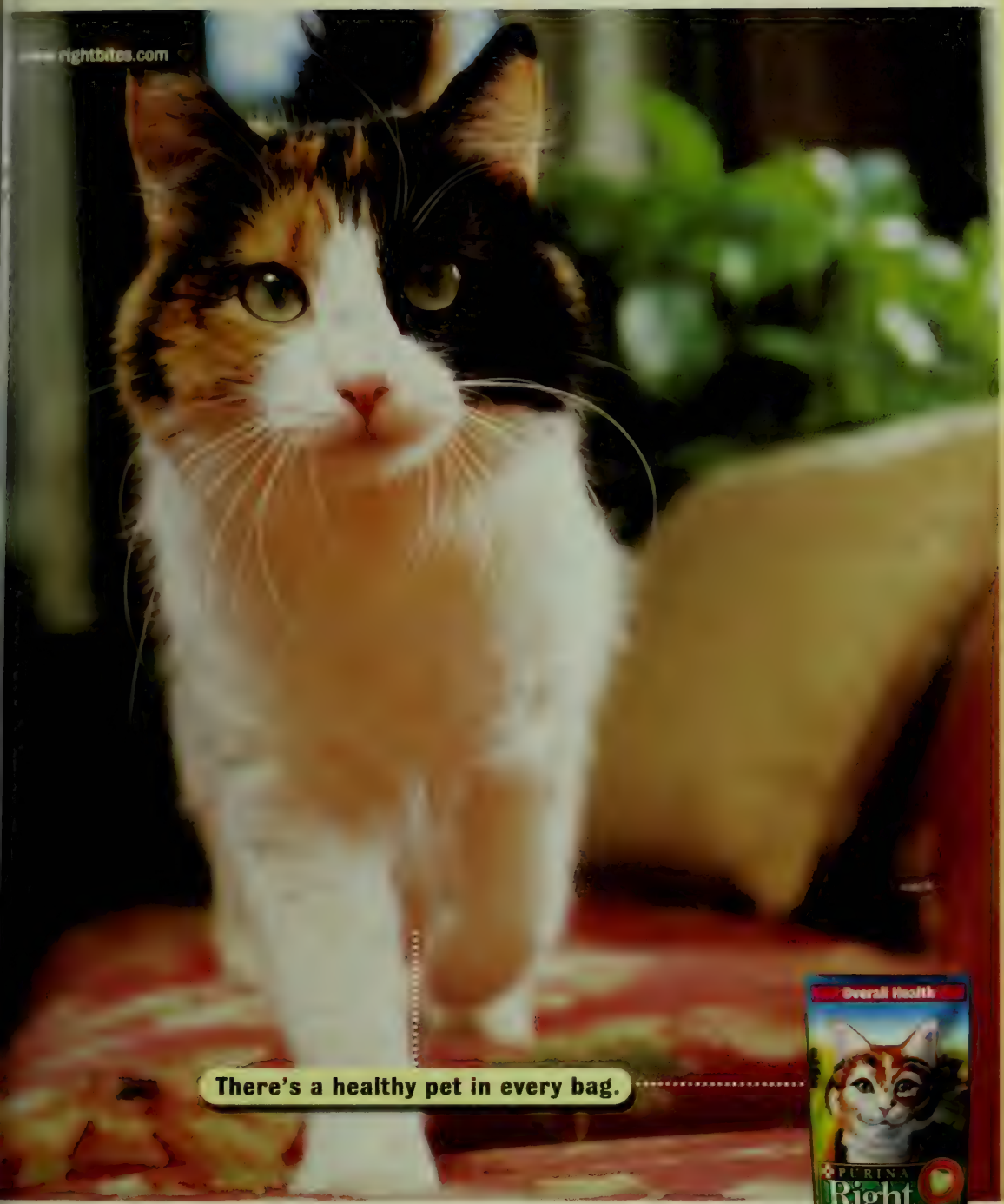
shrubs

The **Physocarpus** (*page 67*) is available in both the "Diablo" variety and the "Dart's Gold" variety. From Carroll Gardens, each shrub is shipped in a one-gallon pot, and is about 10 to 12 inches tall. Complete growing instructions are included. Shipments will be made after the last frost date in your area, about 4/15/01 to 6/15/01. *Please order early; quantities are limited.* A single shrub costs $54.95; additional shrubs to the same address are $50 each. You may mix and match "Diablo" and "Dart's Gold" for the quantity price discount. Prices include shipping, handling, and applicable sales tax. **Recommended for Zones 2 to 7 only.** Sorry, we are unable to make shipments to *AK, HI, Canada, Mexico, or Puerto Rico.* Please specify shrub(s) desired.

ground cover

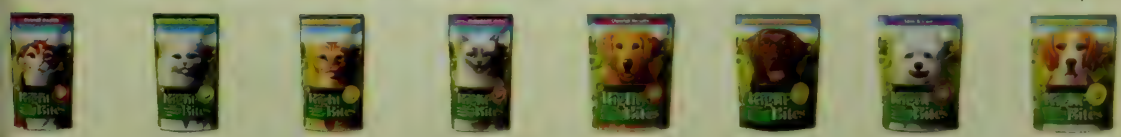
The stunning **Hosta Aphrodite** (*page 66*) is shipped to you as a dormant division. From Carroll Gardens, growing instructions are included. Shipments will be made after the last frost date in your area, about 3/15/01 to 6/15/01. *Please order early; quantities are limited.* One hosta costs $39.95; additional hostas to the same address are $35 each. Prices include shipping, handling, and sales tax. Sorry, no shipments to *AK, HI, Canada, Mexico, or Puerto Rico.*

TO ORDER with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, make a list of the items you wish to purchase, calculate the total (*including any one-time charges for roses, if applicable*), and send a check for the total to: *Better Homes and Gardens®* Reader Shopping, Dept. 0101, Box 9128, Des Moines, IA 50306-9128.



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by Sharon Overton

breaking out of the box

Walls have ears, some people say. But in Paul Stepnes' Minneapolis home, the walls have voices. "If you let a house speak to you, it will tell you what to do," Paul says. The message? Be bold. Break free. Get colorful.



Red paisley walls and velvet pillows in a sunroom? Why not, Paul Stepnes says. Cushy upholstery and a huge leather ottoman make this a cozy spot for TV. Pull the paisley draperies over the French doors and fold out the sofa bed, and the room becomes a sleeping salon.

Getting his chocolate cocker, Chester, was another sign to Paul (*below*) that he'd finally put down roots. The color of a lake nearby inspired the living room's blue-green walls (*bottom*).



Like many career-driven singles of his Baby Boomer generation, Paul spent years moving from job to job and living in cookie-cutter suburban condos. So when this native Midwesterner got the urge to settle down, he picked the Minneapolis neighborhood made famous by the ultimate TV career gal, Mary Tyler Moore. The mix of old architecture, million-dollar mansions, and modest bungalows appealed to this new nester—and his home is just steps away from picturesque Lake of the Isles. Though his 1,600-square-foot Arts and Crafts cottage is the smallest on the block, its sunny rooms and intimate proportions said "home." "I thought, 'They'll have to carry me out of here in a pine box.'"







Paul bucks the conventional wisdom of using light-colored walls to open up a small space. "I think of white as an accent color," he says, using it liberally to define the room's distinctive architecture. "I don't think white should be the main color unless you're living in an art gallery."





Purists might have cringed when Paul painted the home's 75-year-old oak moldings. But he believes you can be respectful of period architecture without being a slave to it. In the kitchen, where new glass-front cabinets echo the design of an original dining room buffet, white becomes the dominant color, and slivers of red walls are the accent. Practicality, not preservation, also dictated the dark stain he used on wood floors throughout the house. "The dark color makes the floor disappear. You don't notice it as much, although I get a ton of compliments," he adds.

In reality, few homes are frozen in time; they evolve with each new generation. "I like a house to look like I'm maybe the fourth or fifth generation to live there," Paul says. "If you do a house that way, you can live with it long term and you don't have to do it again."

Reproduction Prairie-style light fixtures lend warmth to sleek granite countertops (*left*). Paul removed an upper cupboard to create a cooking island, where friends can gather to help prepare his Italian specialties.

Paul worked innovative ideas into his storage-deprived kitchen. The refrigerator hides behind cabinet doors; the freezer is in two drawers underneath.





Breaking out of the box

Though he lavishes color on walls and furnishings, Paul also practices restraint, limiting his palette to mid-range reds, blues, and greens. White and tan are neutral accents.

Windows are left bare or treated minimally with white or wood blinds to keep the look light and airy, and to show off the woodwork. "I'm not a big drapery person," Paul says.

He also keeps pattern to a minimum, allowing a richly patterned Oriental rug to be the hearth room's show-stopper (*above*). Graphic pillows (*right*) top a window seat/storage area.

Paul's time-acquired take on decorating includes a mix of casual cottagey furnishings and family antiques, comfortable upholstery, and snuggle-in fabrics. "My philosophy on furniture is you shouldn't buy a piece you can't take a nap in," he says. To that end, a red velvet chair and ottoman are ideal for hearthside snoozing in the kitchen's cozy eat-in addition (*left* and *below*). Paul designed the 14×16-foot space to mirror the home's sun porch, copying the original window style and placement, and repeating the rich red on the walls.







Paul layered the bed in blue-and-white linens that are as soft to the touch as a well-worn work shirt. So even if he doesn't take time to tidy his room in the morning, he knows the sheets look good.

If Paul's walls really can speak, then the bedroom is where they talk the loudest. When a designer friend showed him this floral wallpaper, she figured he'd dismiss it as way too prissy. Being a rose fan, he loved it. But even this color lover has his limits. To balance the busy pattern, he kept the rest of the room's fabrics in the soothing chambray family, choosing simple checks and, once again, adding a liberal dose of calming white.

After all, "the real key to good decorating," Paul says, "is knowing when to stop."

Buying information, page 135



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Rubbermaid

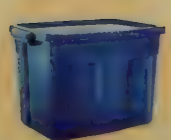
Survives the Unbelievable!

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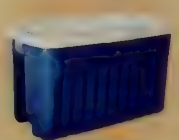
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Mark and Denise Warren gather on the front porch of their revamped ranch with son Jake, 13; daughter Rachel, 15; and family mascots Bear and Snickers.

ranch revamp

by William L. Nolan

The Warrens of suburban Minneapolis have good reason to smile these days. After buying a 30-year-old ranch that had slipped behind the times, they pondered how best to remodel. Would a simple face-lift do, or should they add on? Or would they be better off starting from scratch? They settled on a combo of the first two options, and the happy result is a home that looks and lives like brand new.



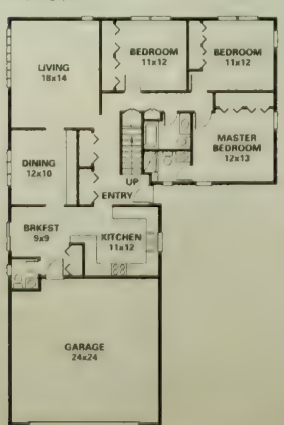
Before (*below*), plank siding and skimpy details did little to draw attention away from the garage. Now (*right*), twin columns and an eyebrow dormer showcase the new front entry.



Originally, the house sat sideways on the lot, with the entry hidden behind the garage (see before and after plans, *below*). The Warrens created a "street presence" by adding a front-facing entry (*above*) and a bay-windowed living room (*right*). "We wanted to make the entry strong," says Mark, "and to shift visual emphasis away from the garage." Behind the living room they also added a new master suite, recycling part of the old suite into a powder room and a large walk-in closet.

Cedar shake siding, a steeper-pitched roof, and new windows on all sides give the once-boxy house a friendly, cottagelike warmth. They also help merge the old with the new. "We didn't want the house to look remodeled," says Denise.

BEFORE



AFTER

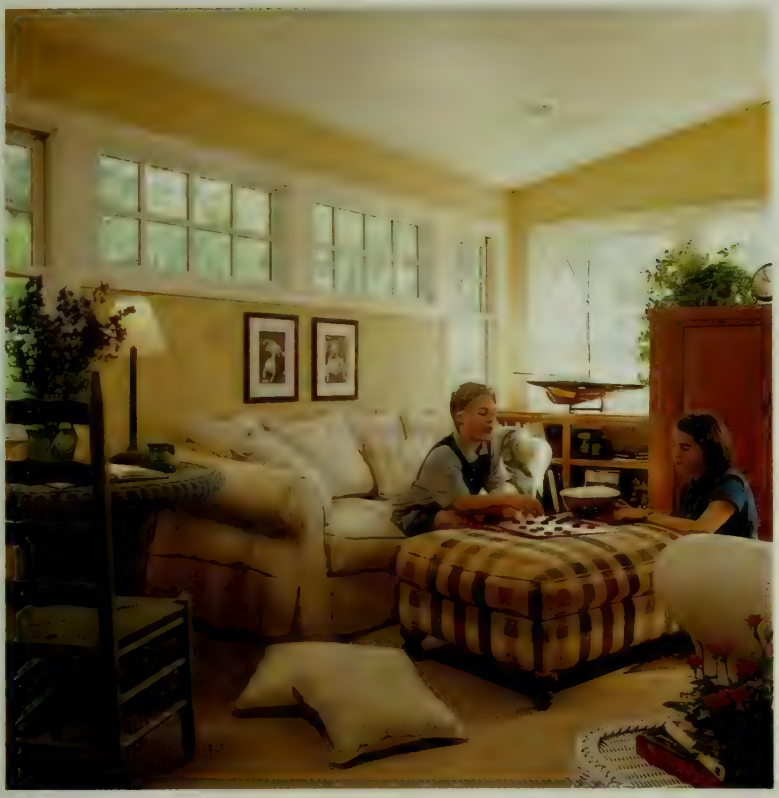




Part of the addition is a window-lined living room overlooking the street. Beadboard covers the vaulted ceiling, which follows the new roofline.



The Warrens gave their island work space a furniture look by trimming the corners with natural cherry "legs" and covering the sides with beadboard paneling.



Transom windows over the sofa in the family room (*left*) pump in extra light. Keeping most of the windows high on this wall blocked views of neighboring houses.

In the existing part of the house, rooms were reassigned and walls were shifted or ripped out in order to gain more livability. The kitchen and the dining room traded places, and the old living room became a family room. Part of the payoff for all this give-and-take was a bigger, brighter gathering space where the family can cook, relax, watch TV, or entertain friends without feeling cramped or crowded. One end is the kitchen (*left*), which is several feet longer than its predecessor and features an island big enough to accommodate several cooks at the same time. The other end is the family room (*above*), which offers comfy seating just a step or two from the kitchen.



The range occupies its own niche (*above*) near one end of the island. Cabinets in the niche store cookware and condiments.

Tall, slim storag units (*left*) oppo site the island provide easy access to pantry goods. Together the units screen the kitchen from formal areas at the front of the house. Muntins in the upper doors echo those in the home's windows.

Extra storage an a message cente line one wall of the mudroom (*below*), flanking a glass-panel door that opens to a large deck.



Although the house underwent a major overhaul, Mark and Denise feel they're better off for not tearing down and starting over. "Financially, we came out with a bigger house than we could have built by starting over," says Mark, "and the resulting space is just what our family needs." The numbers made sense in terms of resale too. Property values have soared since the 1970s, buoyed in part by surrounding developments where the houses are more upscale.

Buying information, page 135


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suite strategies



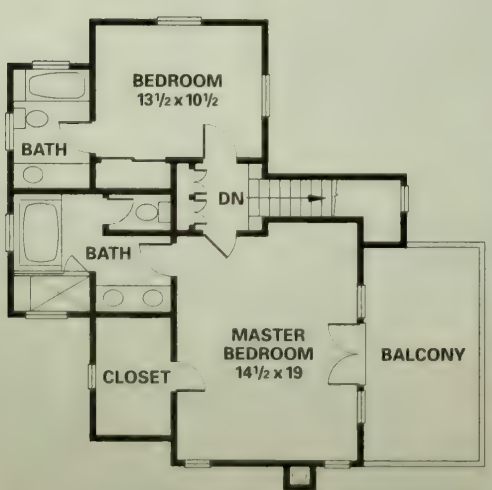
by Laura O'Neil

As the world's fast-lane pace picks up even more, a master bedroom suite is just the off-ramp you need. Out of the rat race and into serene space. Doug and Julie Bodenstab imagined such a retreat for their La Jolla, California, home. This would be a room open to the sea breezes and sunshine, luring them onto the balcony for breakfast. Even if you don't nest near the ocean, you can learn from the Bodenstabs' experience as they raise the roof on a so-sweet addition.

Space smart

Determined to add a modern-day master suite to their 1950s beach cottage, Doug and Julie "bumped up" by putting on a new second-story addition with a balcony. "In addition to creating an inviting open living area that looks out over the hillsides to the east, the deck adds depth and architectural interest to the front of the house," says Doug.

The couple took an active role in designing the approximately 25×30-foot addition. Although they had a more than adequate size to work with, Doug and Julie maximized the suite's potential by outfitting it with space-wise enhancements and an irresistible blend of features—amenities they appreciate every day.





Open up a ceiling to create vaulted interest. Paint beams in a lighter shade than the ceiling, such as a whitewash, to increase the feeling of openness overhead.

Place soft incandescent lamps strategically on the wall for reading or mood. This efficient use of lighting allows floors to steer clear of clutter.

Add interesting openings, such as French doors, to invite natural light indoors and extend everyday living outdoors onto a balcony.

Showcase a commodious bed for the room's main focus. Maintain floor space by planning a walk-in closet complete with built-in dressers (see plan, *left*).

Set aside a spot as a relaxing sitting area; this takes a bedroom from just a place to sleep to a bona fide retreat.



For privacy and coziness, select window coverings with care. Cellular blinds complement many room designs and are energy efficient.

Beadboard wainscoting capped with a chair rail brings an old-time architectural charm into the brand-new room.

Blue-and-white marble boasts beauty and low maintenance. It serves as the tub surround—a convenient ledge for Julie's bathing accessories. It's also the finish on the floor, counter, and shower.

White beadboard panels on the tub deck and cabinets complete the built-in look.

"We wanted the look of a nice health club or spa," says Doug, pointing to the master bathroom's cool colors, crisp lines, and ample amenities.

If there's space to spare, separate the tub and shower to increase the functionality of the room. Then make each its own special spot. The full-featured whirlpool tub is exceptional for long, relaxing soaks in natural light and fresh air. The generous-size shower is key for quick rejuvenations when time is short.

Light in the shower, whether coming through a slit of a window or from a recessed ceiling fixture, is a must to prevent everything from shaving nicks to stumbles.





Reproduction sconces wash the vanity counter with ample light for morning grooming.

The shower's location—tucked into the corner away from the vanity—ensures privacy.

Double lavatories, spaced 3 feet apart, enable Doug and Julie to get ready for work at the same time.

suite strategies

As trade show planners by profession, Doug and Julie are well versed in issues of space utilization, layout, and design. To bring the room up to maximum usability and efficiency, they mounted a large mirror flush to the wall above his-and-her sinks. And below the counter, custom built-ins were selected to store the couple's personal care products and accessories.

The mirror reflection also enhanced the capacious look of the whole room. The couple picked light paint colors to further amplify the airy feel.

"Overall, we chose a New England-styled Cape Cod architectural design for our master suite because of our home's proximity to the sea," says Doug.

Buying information, page 136



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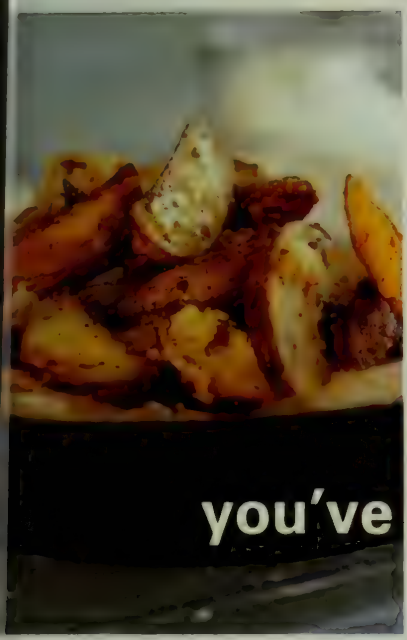
w w w . t y s o n . c o m



by Richard Swearinger

t's freezing outside...





please don't go...

you've just arrived.



Why don't you

stay for supper?"



Never-Fail Standbys

A chance meeting with an old friend, a spur-of-the-moment invitation, and then there you are: two families together. The bold aroma of herbs, beef, and onions rising from the pan, and heaps of crispy, cheese-topped potatoes coming out of the oven lure you and your guests to the table.

Stuffed Celery Bites
Roasted Cheddar Potatoes
Steak with Sautéed Onions

Recipes begin on page 104



"Crunch!" can be the friendliest of sounds, and these Stuffed Celery Bites (*above*) offer it in two tantalizing forms: the celery, of course, and pine nuts toasted until golden brown and crisp.



Shake, scatter, and bake is the method behind these Roasted Cheddar Potatoes (*right*). After frozen potato wedges are dusted with smoky paprika, it's into the oven where a handful of cheddar cheese is added just in time to melt into a crackly crust.



In under half an hour you can have a platterful of Steak with Sautéed Onions ready for guests. That includes time to make a rich sauce, fragrant with basil and oregano, to complement the generous cuts of onion-topped beef tenderloin.



Introduce friends and family to a pre-dinner challenge with Smoked Salmon Appetizers (*left*). Let them tinker till they discover their favorite way to combine olives, smoked salmon, green onions, roasted red peppers, and hard-cooked eggs.

Cream and honey whipped together into billows of sweetness transform a package of oatmeal cookies (*below*) into ethereal Cookies and Cream. They capture the soul of what we crave at the end of a meal.

Hospitality on a Moment's Notice

There's nearly always something you can pull out of the fridge during a spontaneous get-together—even when it's a dessert conjured out of a package of cookies. And there's nothing that can't be fixed with a quick trip to the market. After dinner, you can all go out and put a big "road closed" sign on Lonely Street.

Smoked Salmon Appetizers
Oven Pancake with Sausage and Pears
Cookies and Cream

Recipes begin on page 106





Puff and then poof. This Oven Pancake rises majestically in an oven's heat. But when it comes out, it obligingly sinks in the middle to create a perfect nest for sausage, pears, onions, and dried cranberries.



This is the recipe (*left*) to pull out when serving guests who really like to eat. Chicken and Mushrooms uses the heartiest parts of the bird—thighs and legs—as the foundation on which to build a substantial dish. The chicken and pasta are topped with mushrooms, tomatoes, onions, and peppers.

If there's one task you'll never lack volunteers to tackle, it's making these Chocolate-Covered Grapes (*below*). The effort will be well rewarded. As the shell gives way beneath your teeth, there's a tiny gush of grape juice that mingles with the chocolate.



Come Cook with Us

We never said "no work." This menu does take a little last-minute scooping, simmering, and dipping, but it's nothing a few friends and a great bottle of wine can't handle. Before you know it, midnight has arrived and everyone's sitting back, well fed and wondering who is going to eat that last chocolate grape.

Feta Fruit Appetizers
Chicken and Mushrooms
Chocolate-Covered Grapes

Recipes begin on page 109

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For Feta Fruit Appetizers, hollow out the middle of blocks of feta cheese and pile high with fruit. Combining the two tastes is an old Turkish idea that has stood the test of time because it is so dependably pleasing. See recipe, *page 110*.

Stuffed Celery Bites

For easiest preparation, spread the cream cheese mixture in the celery first, then slice.

Prep: 30 minutes **Chill:** up to 4 hours

- Nonstick cooking spray
- 2 Tbsp. pine nuts
- 1 clove garlic, minced
- 8 stalks celery
- 1 8-oz. tub cream cheese with dried tomato or cream cheese
- ¼ cup shredded Italian cheese blend (1 oz.)
- 2 Tbsp. dry-roasted shelled sunflower seeds
- Celery leaves (optional)

1. Lightly coat a skillet with nonstick cooking spray. Add pine nuts and garlic. Cook over medium heat 3 to 5 minutes or until nuts are golden brown, stirring frequently. Set aside.

2. Remove tops and wide base from celery. Using a vegetable peeler, remove two thin strips from the rounded side of the celery, creating a flat surface.

3. In a small bowl combine the cream cheese and shredded Italian cheese. Spread or spoon cheese mixture into celery.

4. Cut each filled stalk of celery into 2-inch pieces. Sprinkle half the pieces with the pine nut mixture and half with the sunflower seeds. Top with celery leaves, if desired. Makes about 32 pieces (8 servings).

To make ahead: Stuff celery up to 4 hours before serving; cover and chill. Cut into 2-inch pieces and add nuts and seeds just before serving.

Nutrition facts per serving: 132 cal., 13 g total fat (7 g sat. fat), 31 mg chol., 152 mg sodium, 3 g carbo., 1 g fiber, and 4 g pro. Daily Values: 7% vit. A, 5% vit. C, 6% calcium, and 3% iron.

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Roasted Cheddar Potatoes

To have hot potatoes always available, you can divide the wedges into two batches and heat them one at a time. The second batch will be ready to eat just as guests finish up the first round.

Prep: 10 minutes **Bake:** 25 minutes

- 1 24-oz. pkg. frozen potato wedges (skins on)
- 2 Tbsp. cooking oil
- 4 cloves garlic, minced
- 1 tsp. smoked paprika or paprika
- ¼ tsp. salt
- Nonstick cooking spray
- 1 cup shredded white or other cheddar cheese (4 oz.)
- ⅔ cup crushed croutons (about 1 cup croutons)
- Dairy sour cream (optional)

1. Preheat oven according to package directions for potatoes. Place frozen potatoes in a large self-sealing plastic bag. Combine cooking oil, garlic, paprika, and salt. Drizzle over potato wedges. Seal bag and shake to coat potatoes.

2. Lightly coat a 15x10x1-inch baking pan with nonstick cooking spray. Spread potatoes in a single layer on prepared pan. Bake potato wedges according to package directions, turning once.

3. In another small bowl combine the cheese and croutons. Sprinkle over the potatoes the last 3 minutes of baking. Use a large spatula to transfer potato wedges to a platter or large plate (keep potatoes in a single layer). Serve with sour cream, if desired. Makes 8 servings.

Nutrition facts per serving: 165 cal., 8 g total fat (4 g sat. fat), 15 mg chol., 217 mg sodium, 19 g carbo., 1 g fiber, and 5 g pro. Daily Values: 6% vit. A, 5% vit. C, 11% calcium, and 2% iron.

Steak with Sautéed Onions

Based on a recipe from a beloved—now shuttered—Des Moines, Iowa, restaurant, this recipe is easily doubled.

Start to finish: 25 minutes

continued on page 106



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Stay for Supper

continued from page 104

- 6 4-oz. beef tenderloin steaks (1 inch thick)
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 Tbsp. margarine or butter
- 1 small red onion, cut into 6 wedges
- 2 cloves garlic, minced
- 1 tsp. dried basil, crushed
- ½ tsp. dried oregano, crushed
- 2 Tbsp. whipping cream
- 6 Tbsp. onion marmalade or orange marmalade

1. Sprinkle meat with salt and pepper. In a large skillet melt margarine over medium heat. Add onion and garlic. Cook and stir for 6 to 8 minutes or until onion is tender but not brown. Remove onion from skillet.

2. Increase heat to medium-high. Add steaks to skillet; cook to desired doneness, turning once. (For rare, cook meat about 4 minutes on each side. Allow 2 to 3 minutes longer for medium.) After turning, sprinkle meat with basil and oregano.

3. Remove meat from skillet; place on serving platter. Return onions to skillet. Heat onions through. Remove skillet from heat. Stir in whipping cream. Spoon cream over steaks. Top each steak with 1 tablespoon of the onion marmalade, and then divide cooked onions evenly among the steaks. Makes 6 servings.

Nutrition facts per serving: 271 cal., 13 g total fat (4 g sat. fat), 63 mg chol., 110 mg sodium, 14 g carbo., 0 g fiber, and 24 g pro. Daily Values: 6% vit. A, 3% vit. C, 3% calcium, and 19% iron.

Smoked Salmon Appetizers

No smoked salmon on hand? Substitute with drained canned tuna.

Start to finish: 40 minutes

- 3 Tbsp. sliced green onions
- 1½ tsp. finely shredded lemon peel
- 4 tsp. lemon juice
- 4 tsp. olive oil
- 4 tsp. capers
- 1½ tsp. anchovy paste (optional)
- 2 cloves garlic, minced
- ¼ tsp. freshly ground pepper
- 1 4-oz. piece smoked salmon, cut ½ to 1 inch thick
- Pitted Niçoise olives or olive medley, cut up (about 24 olives)
- Coarsely chopped roasted red sweet peppers
- 6 hard-cooked eggs, cut into ½-inch slices
- Crackers or toasted pita wedges

continued on page 107

1. In a small serving bowl stir ogether green onion, lemon peel, mon juice, olive oil, capers, anchovy aste, garlic, and ground pepper.

2. To assemble, place salmon on a erving plate. Surround with small owls of olives, roasted red pepper, gg slices, and caper mixture. Serve ith crackers and/or toasted pita edges. Makes 12 appetizer servings.

Nutrition facts per serving: 93 cal., g total fat (1 g sat. fat), 108 mg chol., 33 mg sodium, 7 g carbo., 1 g fiber, g pro. Daily Values: 7% vit. A, 13% it. C, 3% calcium, 5% iron.

Cookies and Cream

f no oatmeal cookies are available, ıse any variety as long as it is soft enough to be cut with a fork.

Start to finish: 15 minutes

- ½ cup whipping cream
- 2 Tbsp. honey
- ½ cup dairy sour cream
- 18 to 24 purchased large soft oatmeal cookies
- Honey
- Candied violas or other edible flower petals (optional)

1. In a small chilled bowl combine whipping cream and the 2 tablespoons honey. Beat with chilled beaters of an electric mixer on medium speed until soft peaks form. Fold in sour cream.

2. To serve, lay one oatmeal cookie on each of 8 dessert plates. Top with a spoonful of whipped cream mixture. Top with another cookie, and another spoon of whipped cream mixture. Top with a third cookie and more whipped cream mixture. Drizzle with additional honey and sprinkle with flower petals, if desired. Makes 6 to 8 servings.

To make ahead: Prepare whipped cream mixture, cover, and chill up to 1 hour before serving. Assemble individual desserts just before serving.

Nutrition facts per serving: 456 cal., 21 g total fat (10 g sat. fat), 43 mg chol., 310 mg sodium, 61 g carbo., 2 g fiber, and 5 g pro. Daily Values: 12% vit. A, 1% vit. C, 6% calcium, and 9% iron.

Oven Pancake with Sausage and Pears

Plan to get guests at the table before you pull this out of the oven; the pancake deflates quickly.

Prep: 40 minutes **Bake:** 25 minutes

- ¼ cup margarine or butter, cut up
- 4 eggs
- 1 cup milk
- 1 cup all-purpose flour
- ⅛ tsp. salt

continued on page 108

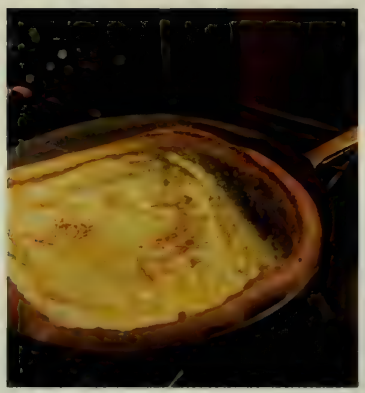


Stay for Supper

continued from page 107

- 1 medium onion, cut into wedges
- 1 Tbsp. margarine or butter
- 8 oz. cooked bratwurst or other cooked smoked sausage links, bias-sliced
- 2 large green pears, cored and cut into 1-inch pieces (or 1 pear and 1 apple, cored and cut into 1-inch pieces)
- ⅓ cup dried tart cherries
- Maple syrup

1. Preheat oven to 400° F. Place the ¼ cup margarine or butter in a 2½-quart oval or round baking dish. Place dish in oven for 5 minutes or until margarine or butter melts. Meanwhile, in a large bowl beat eggs with a rotary beater or electric mixer until combined. Add milk, flour, and salt. Beat until smooth. (Or, in a blender container or food processor bowl place eggs. Cover and blend or process for 30 seconds. Add milk, flour, and salt. Cover and blend for 30 seconds more or until smooth, scraping down sides as necessary.)



The pancake is done when the edges are well browned.

2. Immediately pour batter over margarine in the hot baking dish. Bake about 25 minutes or until puffed and well-browned.

3. Meanwhile, in a large saucepan cook onion wedges in the 1 tablespoon hot margarine over medium heat about 5 minutes or until tender. Add sausage slices; cook until lightly browned. Stir in pears or apples and cherries; add salt and pepper to taste. Cook about 5 minutes or until fruit is slightly softened.

4. To serve, spoon sausage mixture into center of puffed pancake. Cut into wedges. Drizzle with maple syrup. Makes 6 servings.

Nutrition facts per serving: 445 cal., 24 g total fat (7 g sat. fat), 167 mg chol., 434 mg sodium, 45 g carbo., 2 g fiber, and 14 g pro. Daily Values: 22% vit. A, 6% vit. C, 0% calcium, and 0% iron.

PHOTOGRAPH: KIM CORNELISON



Chocolate-Covered Grapes

he grapes must be dry before ipping because one drop of water the melted mixture will cause the hocolate to harden up and become nusable (this is called "seizing"). Vash grapes and let dry several ours ahead.

Prep: 30 minutes **Chill:** 30 minutes

- 1 bunch seedless grapes (1 lb.)
- 4 oz. milk chocolate pieces
- 4 oz. semisweet chocolate pieces
- 2 Tbsp. shortening

1. Wash grapes. Drain thoroughly n paper towels for several hours. ine a cookie sheet with waxed aper; set aside.

2. In a small saucepan combine nilk chocolate, semisweet chocolate, nd shortening. Heat and stir over ow heat until chocolate is melted.



When dipping grapes into chocolate, it's not necessary to cover the entire bunch.

Holding grape bunch by stem, dip grapes partially into melted chocolate. If necessary, spoon chocolate over grapes to coat. Let excess chocolate drip off. Place grapes, stem side up, on prepared cookie sheet.

3. Chill until chocolate is firm, about 30 minutes or up to 6 hours. Makes one large bunch (about twenty 3- to 5-grape servings).

Nutrition facts per serving: 86 cal., 5 g total fat (1 g sat. fat), 1 mg chol., 6 mg sodium, 11 g carbo., 1 g fiber, and 1 g pro. Daily Values: 0% vit. A, 4% vit. C, 2% calcium, and 2% iron.

Chicken and Mushrooms

Whether to slice mushrooms or not depends on their size. If they're larger than 1½ inches in diameter, slice them. Otherwise, leave them whole.

Prep: 15 minutes **Cook:** 40 minutes

- ¼ cup all-purpose flour
- ¼ tsp. salt
- ¼ tsp. pepper
- ¼ tsp. paprika
- 4 chicken thighs, skinned
- 4 chicken drumsticks, skinned
- 2 Tbsp. cooking oil
- 1 medium onion, sliced

continued on page 110

PHOTOGRAPH: KIM CORNELISON

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continued from page 109

- 2 cups whole or sliced small mushrooms
- 1 medium red sweet pepper, cut into 1-inch-wide strips
- 3 cloves garlic, minced
- ½ cup dry red wine or beef broth
- 2 Tbsp. balsamic vinegar
- 1 14½-oz. can diced tomatoes
- 2 tsp. dried Italian seasoning, crushed
- ¼ cup half-and-half or light cream
- 1 Tbsp. all-purpose flour
- ¼ cup snipped fresh flat-leaf parsley
- Hot cooked pasta (optional)

1. In a plastic bag combine the ¼ cup flour, salt, pepper, and paprika. Add 2 or 3 pieces of chicken to the bag at a time. Seal; shake to coat well.

2. In a very large skillet heat the 2 tablespoons oil over medium heat. Cook chicken in hot oil about 10 minutes or until well browned, turning to brown evenly. Remove chicken from skillet, reserving drippings in the skillet.

3. Add onion, mushrooms, sweet pepper, and garlic to skillet. Cook and stir for 2 minutes. Add red wine or beef broth and balsamic vinegar. Cook and stir 5 minutes more.

4. Add undrained tomatoes and Italian seasoning. Bring to boiling, scraping up browned bits from the bottom of the skillet. Return chicken to the skillet; reduce heat. Cover and simmer about 20 minutes or until chicken is tender and no longer pink. Remove chicken; keep warm.

5. Stir together half-and-half or light cream and the 1 tablespoon flour; add to skillet. Cook and stir until slightly thickened and bubbly. Cook and stir 1 minute more. Return chicken to pan; heat through. Sprinkle with parsley. Serve over hot cooked pasta, if desired. Makes 4 to 6 servings.

Nutrition facts per serving: 323 cal., 13 g total fat (3 g sat. fat), 89 mg chol., 400 mg sodium, 21 g carbo., 2 g fiber, and 25 g pro. Daily Values: 26% vit. A, 132% vit. C, 10% calcium, and 18% iron.

Feta-Fruit Appetizer

A melon baller or plain teaspoon will work to hollow out the cheese; work gingerly to keep the sides from crumbling. See photo *page 104.*

Start to finish: 35 minutes

- 2 8-oz. blocks feta cheese
- 2 cups assorted chunks of peeled fresh tropical fruit, such as kiwifruit, pineapple, papaya, guava, or mango
- 1 cup smoked almonds
- 1 cup cubed honeydew melon
- 2 Tbsp. snipped fennel tops or 1 tsp. fennel seed, crushed
- Pita bread wedges

1. Using a melon baller or butter curler carefully remove cheese from the center of the blocks of feta to create "bowls" with sides about ½ inch thick. Hollow carefully to avoid cutting through the bottom. Transfer the scooped cheese to a small serving bowl.

2. Arrange fruit, almonds, and melon in and around the hollowed cheese "bowls." Stir fennel tops or fennel seed into reserved cheese and serve with cheese bowls of fruit and pita bread wedges. Makes 8 servings.

Nutrition facts per serving: 350 cal., 22 g total fat (9 g sat. fat), 50 mg chol., 856 mg sodium, 25 g carbo., 4 g fiber, and 14 g pro. Daily Values: 11% vit. A, 51% vit. C, 37% calcium, and 11% iron.

Peanut Butter Pizzas

You may use any form of pizza dough you like with this recipe. Refrigerated is the most convenient, but frozen or homemade dough works just as well.

Prep: 20 minutes **Cook:** 10 minutes

- 1 10-oz. pkg. refrigerated pizza dough
- ⅔ cup chunky peanut butter



Dinner becomes a party when the main course is the game and the prize. Peanut Butter Pizzas give kids the freedom to dollop with their favorite toppings.

- 2 cups assorted toppers, such as grape jelly or strawberry preserves, marshmallow creme, miniature marshmallows, chocolate-hazelnut spread, fresh sliced strawberries, peanuts, and/or sliced bananas
- Cinnamon-sugar, optional

1. Preheat oven to 375° F. To make individual pizzas, lightly grease two baking sheets. Divide dough into five or six pieces. Cover; let rest for 10 minutes. Roll each piece into a 6-inch circle. Place on baking sheet. Prick dough generously with a fork (do not allow to rise). Bake for 10 to 12 minutes or until lightly browned.

2. Remove from oven. While still warm, spread with peanut butter. Arrange on serving board or platter. Serve warm with remaining toppings. Sprinkle with cinnamon-sugar, if desired. Makes 5 or 6 individual pizzas.

Nutrition facts per pizza: 523 cal., 26 g total fat (4 g sat. fat), 0 mg chol., 490 mg sodium, 62 g carbo., 4 g fiber, 15 g pro. Daily Values: 0% vit. A, 8% vit. C, 2% calcium, 11% iron.

continued on page 112

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continued from page 110



Coconut Sno-Cakes

Start with cupcakes either homemade, purchased, or from a mix. Using extra-fine sugar makes the smoothest frosting.

Start to finish: 25 minutes

- 1½ cups extra-fine granulated sugar or granulated sugar
- 2 egg whites
- ¼ tsp. cream of tartar or 2 tsp. light-colored corn syrup
- 1 tsp. vanilla
- 36 unfrosted white cupcakes in paper linings
- Toasted coconut

1. In the top of a double boiler stir together sugar and ⅓ cup water. Add egg whites and cream of tartar. Beat with an electric mixer on low speed 30 seconds. Place over boiling water (upper pan should not touch water). Cook, beating constantly on high speed, about 7 minutes or until stiff peaks form. Remove from heat; add vanilla. Beat 2 to 3 minutes more or until easy to spread. Spread on cupcakes. Top with coconut. Serve the same day. Makes 36 cupcakes.

Nutrition facts per serving: 127 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 154 mg sodium, 25 g carbo., 0 g fiber, and 1 g pro. Daily Values: 0% vit. A, 0% vit. C, 4% calcium, and 2% iron.

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ugust 2001 Categories: Fresh Herb Ideas: Tell us how you se fresh herbs, whether they're tossed in a salad, stirred into marinade, or added to a main dish or vegetable to liven up he flavor. There's a way to use your favorite herbs to flavor verything from appetizers to desserts. (One resourceful eader featured basil in a prizewinning cobbler last year.)

:asy Turkey Suppers: We're looking for simple-to-make nain dishes featuring turkey—from whole breasts, drum-ticks, and thighs to boneless breasts and tenderloins. Do you glaze turkey drumsticks on the grill? Or, perhaps you sauté urkey with vegetables and rice for a skillet meal?

This Month's Winners — Pages 115 and 116

400 Winners: Dee Carona, Albany, N.Y.; Hunter Marlo, Charlottesville, Va. 200 Winners: Jeanne Berkley, Washington, Pa.; Patricia A. Harmon, Baden, 'a. $50 Honor Roll Winners: Dayna Brohm, Gold Canyon, Ariz.; Beth Buchler, larahan, La.; Helen Cassidy, Round Lake Beach, Ill.; Diane Halferty, Corpus Christi, Texas; Carle Poch Heinsohn, Fulton, Texas; Alice Henderson, Atlanta, Ga.; Billy Kutulas, Atlanta, Ga.; Mary V. Petrara, Lancaster, Pa.; Carole Resnick, Cleveland, Ohio; Annabelle Wood, Green Valley, Ariz.

Contest Rules: NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Fresh Herb Ideas" or "Easy Turkey Suppers." Specify brands and recipe origin. 3. Send recipes by postal mail to: 0108 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to: ptr@mdp.com. 4. Entries must be postmarked by January 24, 2001, and received by January 31, 2001. E-mail entries must be posted by midnight, EST, January 24, 2001. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. The annual grand prize winner will be selected from the year 2001's top winners on or about October 1, 2001, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of GE Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*® editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send a self-addressed, stamped envelope to above address to receive winners' list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for entries they are unable to process due to phone, network, electronic, or computer hardware or software failures, or technical failures of any kind. Subject to all U.S. federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners.



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see page 113 for details



$400 winner Italian Lentil Soup

Dee Carona, Albany, N.Y.,
in the Beans, Split Peas, and Lentils Category, January 2001

- 2 medium carrots, sliced (1 cup)
- 1 stalk celery, sliced (½ cup)
- 1 small onion, chopped (⅓ cup)
- 1 Tbsp. olive oil
- 5 cups water
- ½ of a small head cabbage, cored and cut into 1-inch pieces (4 cups)
- 1 cup dry lentils, rinsed and drained
- 1 cup tomato puree
- 1½ tsp. sugar
- 1½ tsp. salt
- ½ tsp. dried oregano, crushed
- ¼ tsp. pepper

In a large saucepan cook carrots, celery, and onion in hot olive oil about 5 minutes or until crisp-tender. Stir in water, cabbage, lentils, tomato puree, sugar, salt, oregano, and pepper. Bring to boiling; reduce heat. Cover and simmer for 45 minutes or until lentils are very soft. Ladle into bowls. Makes 5 main-dish servings.

Nutrition facts per serving: 210 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 938 mg sodium, 35 g carbo., 15 g fiber, and 13 g pro. Daily Values: 76% vit. A, 49% vit. C, 8% calcium, and 26% iron.

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.

see page 113 for details



$400 winner Raspberry Shrub

Hunter Marlo, Charlottesville, Va.,
in the Holiday Nogs and Punches Category, January 2001

- 3 12-oz. pkg. frozen lightly sweetened red raspberries (about 9 cups)
- 1½ cups honey
- 1 cup sugar
- ⅓ cup water
- 2 lemons
- 12 inches stick cinnamon, broken
- 2 Tbsp. snipped fresh rosemary or 2 to 3 tsp. dried rosemary, crushed
- 9 or 10 whole cloves (½ tsp.)
- ⅓ to ½ cup light rum or ½ cup water
- 2 to 3 cups ice cubes
- 1 750 ml bottle champagne or sparkling grape juice, chilled
- Fresh rosemary sprigs (optional)

In a 4-quart Dutch oven combine raspberries, honey, sugar, and water. Cook and stir over medium heat until sugar dissolves. Using a vegetable peeler, remove strips of peel from lemons; juice the lemons (should have ½ cup). Add strips of lemon peel, lemon juice, cinnamon, rosemary, and cloves to Dutch oven. Bring mixture just to boiling; stir occasionally. Remove from heat. Cover; cool to room temperature. Press mixture through a sieve; discard solids (you should have about 4 cups syrup). Syrup may be covered and refrigerated up to 3 days. To serve, in a punch bowl combine syrup, rum, and ice cubes. Slowly add champagne or sparkling juice. Stir gently. Serve over ice in small glasses or punch cups. Garnish with fresh rosemary sprigs, if desired. Makes about 16 servings.

Nutrition facts per 5-ounce serving: 217 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 2 mg sodium, 46 g carbo., 1 g fiber, and 0 g pro. Daily Values: 0% vit. A, 8% vit. C, 0% calcium,

see page 113 for details



$200 winner Holiday Cider

Jeanne Berkley, Washington, Pa.,
in the Holiday Nogs and Punches Category, January 2001

- 2 to 4 medium baking apples, cored
- 2 tsp. whole cloves
- ⅓ cup water
- 4 crab apples (optional)
- 4 medium oranges
- 4 medium lemons
- 8 cups apple cider
- ½ cup sugar
- 12 inches stick cinnamon
- 1 tsp. ground allspice
- ½ tsp. ground nutmeg

Preheat oven to 350° F. Insert about half the cloves into 2 baking apples. Place the apples in a 2-quart square baking dish. Add the water. Bake apples, uncovered, for 15 minutes. Add crab apples, if desired. Bake an additional 25 to 30 minutes or until apples and crab apples are tender; cool slightly. Halve or quarter baking apples. Set aside.

Meanwhile, squeeze juice from oranges and lemons (you should have 1⅓ cups orange juice and ¾ cup lemon juice). In a 4-quart Dutch oven combine orange and lemon juices, apple cider, sugar, cinnamon, remaining cloves, allspice, and nutmeg. Bring to boiling; reduce heat. Simmer, uncovered, for 20 minutes. Use a slotted spoon to remove whole cloves and stick cinnamon from cider mixture. To serve, place apples in a large heat-proof punch bowl; carefully pour cider mixture into bowl. Makes 12 to 16 servings.

Nutrition facts per 6-ounce serving: 125 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 1 mg sodium, 17 g carbo., 1 g fiber, and 0 g pro. Daily Values: 1% vit. A, 39% vit. C, 2% calcium, and 4% iron.

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see page 113 for details



$200 winner Spinach and Bean Salad

Patricia A. Harmon, Baden, Pa.,
in the Beans, Split Peas, and Lentils Category, January 2001

- 1 15-oz. can black beans, rinsed and drained
- ½ cup snipped dried apricots
- ½ cup chopped red and/or yellow sweet pepper
- 1 green onion, thinly sliced (2 Tbsp.)
- 1 Tbsp. snipped fresh cilantro
- 1 clove garlic, minced
- ¼ cup apricot nectar
- 2 Tbsp. salad oil
- 2 Tbsp. rice vinegar
- 1 tsp. soy sauce
- 1 tsp. grated fresh ginger
- 4 cups shredded fresh spinach

In a medium mixing bowl combine beans, apricots, sweet pepper, green onion, cilantro, and garlic. In a screw-top jar combine apricot nectar, oil, vinegar, soy sauce, and ginger. Cover; shake well. Pour over bean mixture; toss gently to coat. Cover and refrigerate for 2 to 24 hours. To serve, toss bean mixture with spinach. Season to taste with salt. Makes 4 main-dish servings.

Nutrition facts per serving: 192 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 381 mg sodium, 29 g carbo., 10 g fiber, and 9 g pro. Daily Values: 43% vit. A, 79% vit. C, 8% calcium, and 24% iron.

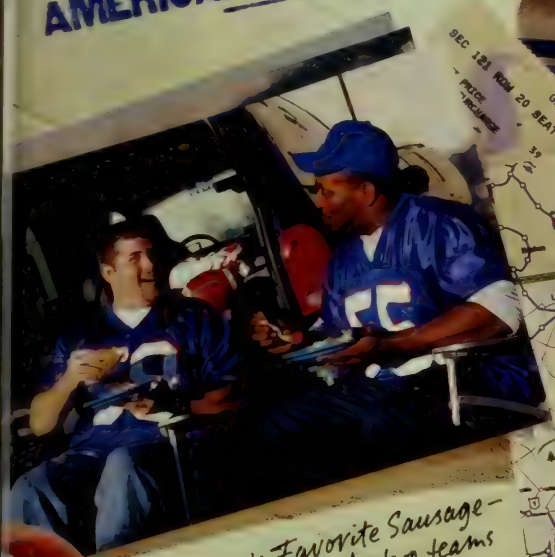


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America's Favorite Sausage—the only thing the two teams agreed on.

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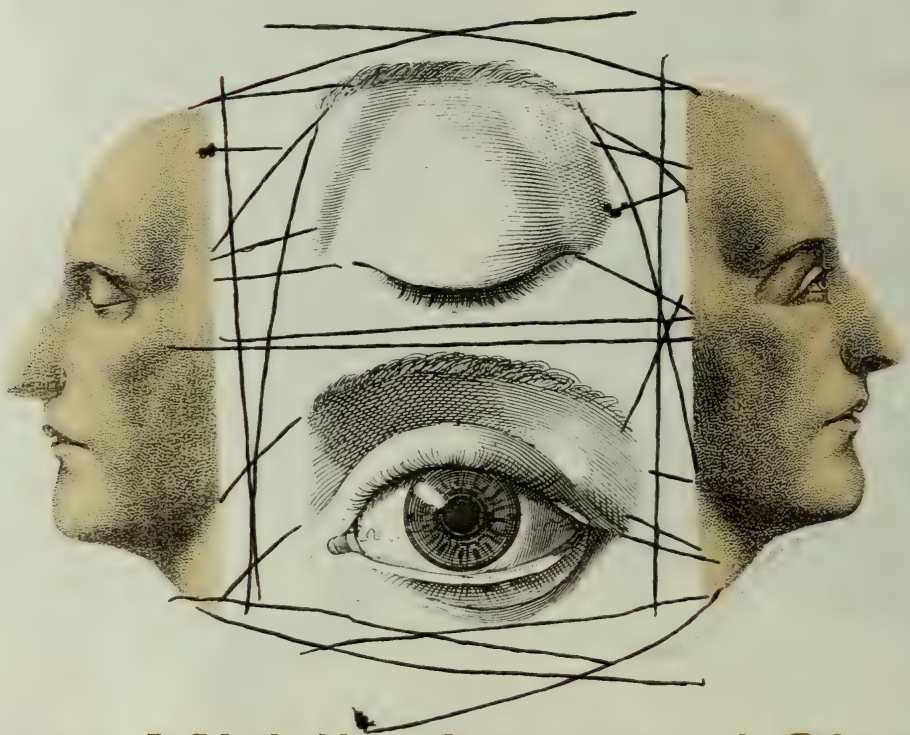
Spicy Sausage Pasta Salad

Slice and brown 8 oz. Hillshire Farm Hot Links. Combine with 16 oz. of cooked pasta, 1 cup cubed cheddar & pepper jack cheeses, diced tomatoes & chopped peppers. Mix thoroughly with ½ cup of Italian dressing. It's that simple. Enjoy!

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Men, Middle Age, and Sleep

Most people know that as you age, you tend to get less sleep. You also often start to gain more weight.

A study recently published in the *Journal of the American Medical Association* found that the two things appear to be connected.

Researchers at the University of Chicago analyzed data from a series of studies on 149 men, ages 16 to 83. They found that as a man ages, he experiences less deep or slow-wave sleep and the body produces less growth hormone. That deficiency—especially among elderly men—is associated with "increased fat tissue and abdominal obesity, reduced muscle mass and strength, and reduced exercise capacity."

The study suggests that a sleeping pill or hormone injection may have an affect on the signs of aging.

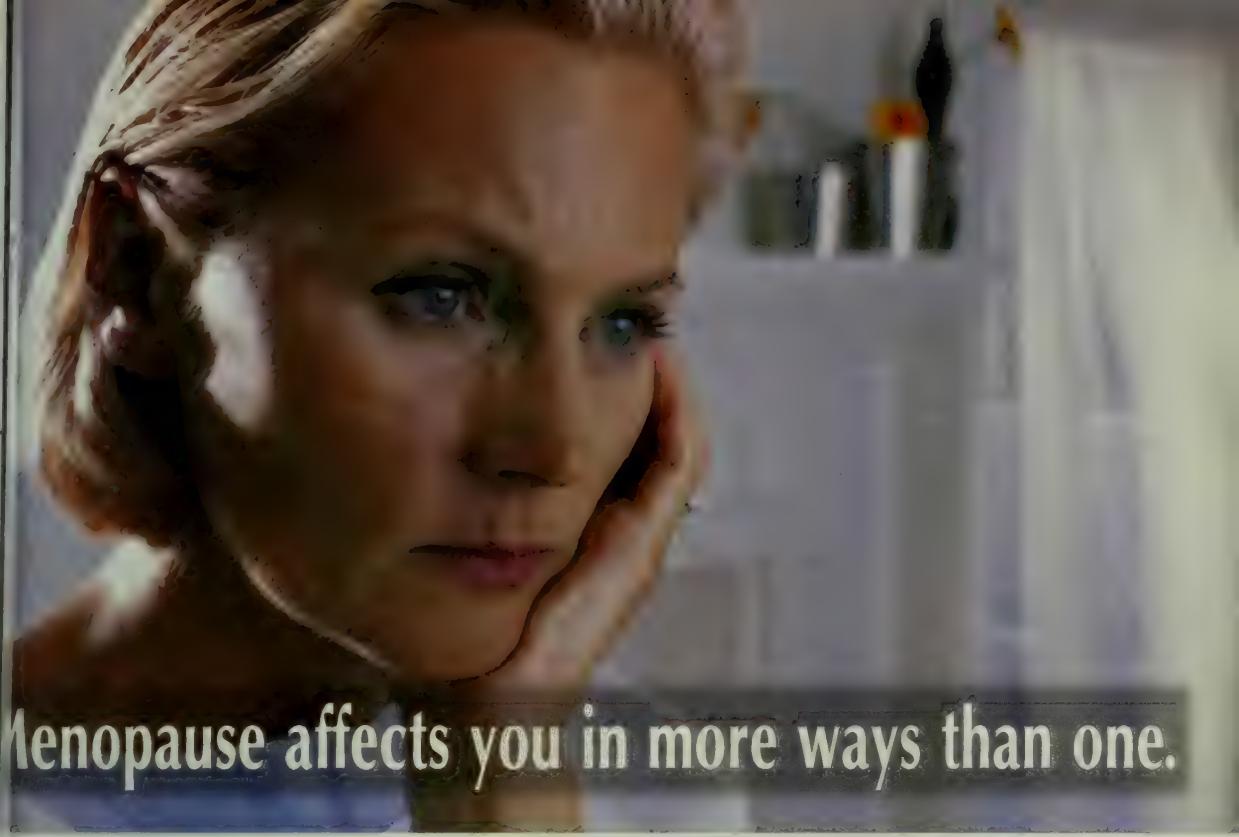
Men age 45 and older rarely fall into deep sleep, and men's total sleep time after age 50 declines by an average 27 minutes per decade, the study found. Growth hormone secretion in middle-aged members of the study group dropped by almost 75 percent.

The study was done on men only, and it's not clear whether the findings apply to women.

STAMPS HELP FIGHT BREAST CANCER

Thanks to sales of a pink, first-class postage stamp, the National Cancer Institute recently awarded $6.7 million in grants to support innovative research in breast cancer. Seventy percent of the net proceeds of the 40-cent breast-cancer stamp were set aside for breast cancer research.

continued on page 120



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Caltrate® has created an advanced menopausal formula with the benefits of soy isoflavones and calcium all in one. The soy isoflavones can help ease the effects of menopause such as the increased risk of cardiovascular problems. In addition, the calcium plus vitamin D is extremely important because it helps fight menopausal bone loss. Do more to help ease the effects of menopause with Caltrate® Plus Soy. For more information, visit our web site at www.caltrate.com.

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This is not a substitute for a prescription therapy. Ask your doctor about the approach to menopause that's right for you.
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Pacifiers May Increase Ear Infections

Maybe it's time to boot the binky. A Finnish study published in the journal *Pediatrics* found that children who sucked continuously on a pacifier had more ear infections, called acute otitis media, than those kids who did not.

In the research, 484 children, ranging from 7 to 18 months old, were divided into two groups and monitored. One group of parents was instructed to restrict pacifier use for several months. They were given a pamphlet that discussed the pacifier's link to ear infections, tooth misalignment, and cavities.

Children who were cut back on pacifier use had a 29 percent lower incidence of acute otitis media than did children who continuously sucked.

The study says that the need for sucking during the first six months of life is often great and that a pacifier can be used as often as wanted. After six months, the study authors say, a pacifier should be used just before sleep and then discontinued after 10 months.

"Our results strongly suggest that even the restriction of pacifier use to moments when an infant is falling asleep will reduce acute otitis media," the study found.

The American Academy of Pediatrics position statement says pacifiers can be used safely to satisfy the sucking instinct.

10 WORST JOBS FOR YOUR BACK

Low back pain can hit anyone, but for some people, it's an occupational hazard. The *American Journal of Public Health* recently listed the jobs with the highest prevalence of low back pain due to an injury at work. They are:

1. Truck driver
2. Construction equipment and heavy machinery operators
3. Construction workers
4. Janitorial and building maintenance workers
5. Firefighters
6. Police officers
7. Heavy equipment mechanics
8. Health-care therapists
9. Doctors, dentists, and nurses (tie)
10. Farmers, foresters, and commercial fishermen (tie)

Sticker Warns of UV Radiation

It may be easier to avoid a sunburn this summer with a new dime-sized patch that changes color when a person has had too much sun.

The "Sticker"—worn either on skin or clothing—measures the total accumulated dosage of ultraviolet (UV) rays that are absorbed by the body. There are existing UV monitors, but they don't measure the accumulated dose of UV radiation.

There are two types of Stickers: one for use with sunscreen and one for without. The patch comes in six skin types, ranging from very light (burns and does not tan) to very dark (seldom burns). As absorbed UV radiation reaches a certain level on the patch, the patch turns color to match the color of the sticker's edge.

The sticker changes color for a UV dose below that which causes only a very light sunburn, says Ori Faran, Ph.D., a physicist who developed the sun patch. "So if a person mistakes his or her skin type, or forgets to look at the sticker, a severe burn is still highly unlikely."

According to the Skin Cancer Foundation, the sun's ultraviolet radiation is the cause of premature aging, wrinkling, benign and precancerous growths, and at least 90 percent of all skin cancers.

The Sticker is expected to sell for about 14 cents each and is safe for children to use.



continued on page 122

New Breathe Right® strips for colds.

(The idea was right under our nose.)



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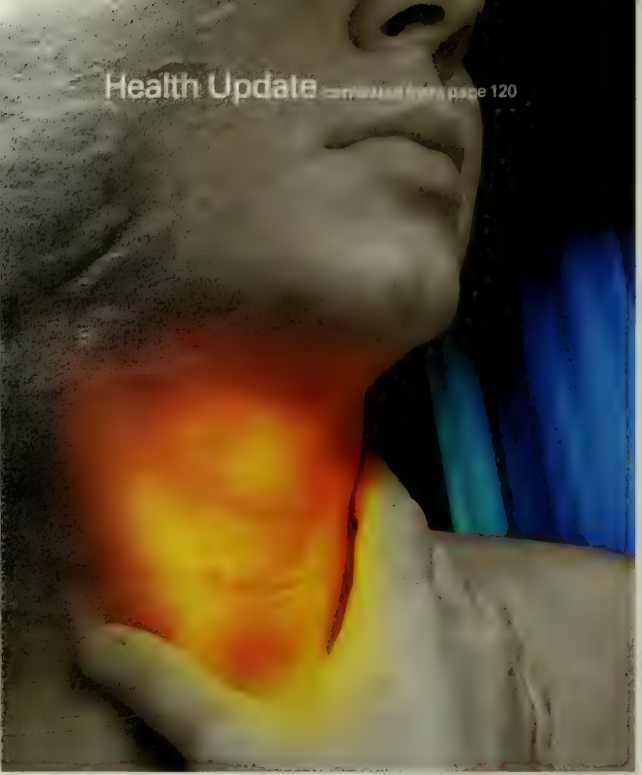


For Adults



For Children

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Sore Throat Pain—Don't Ignore it!

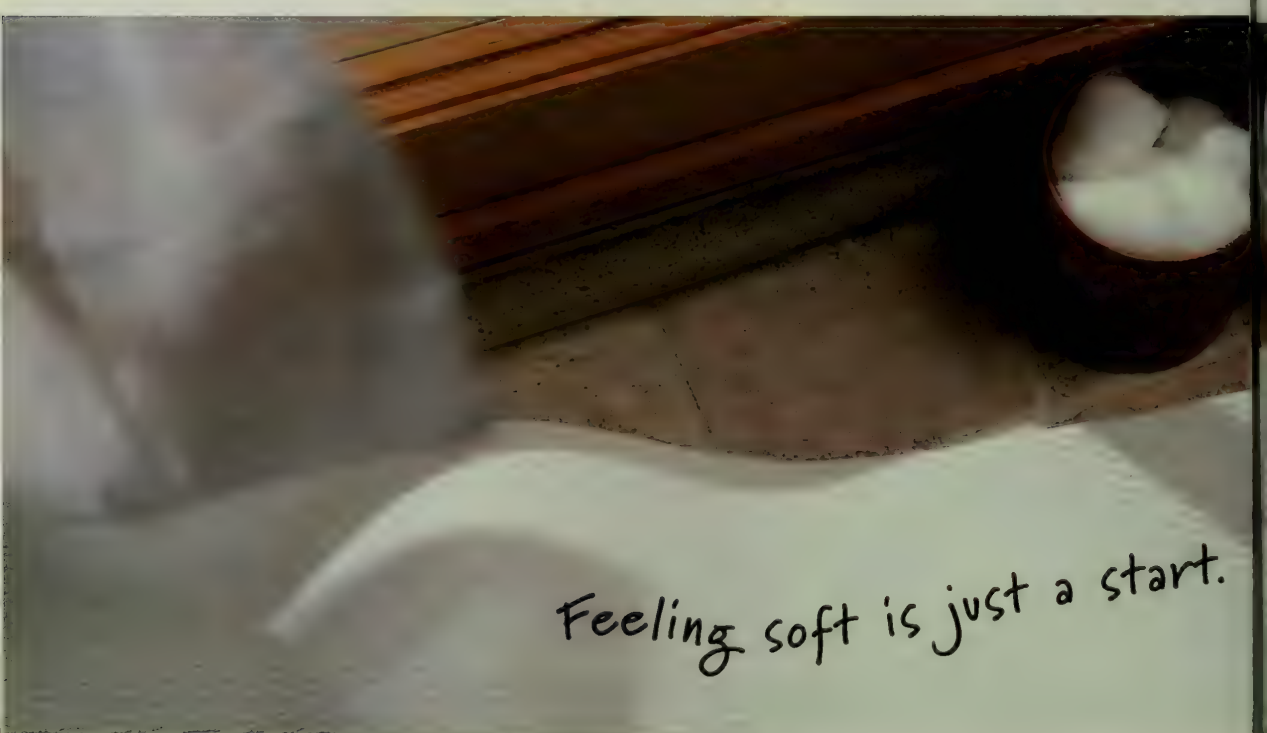
Pity the poor throat.

It's one of those hard-working body parts we tend to ignore even when it hurts. A survey found that most people don't see a doctor about sore throat until the pain becomes so severe that they can't swallow.

"The American Academy of Otolaryngology is concerned that many people seem to resist acknowledging and treating their sore throat pain," says Dr. John G. Campbell, outgoing president of the ear, nose, and throat medical organization.

A sore throat is often the first warning sign of an infection in your body. Infections are either caused by viruses, such as with the flu and common cold; or by bacteria, such as with strep throat. The vast majority of sore throats—almost 90 percent—are caused by viral infections, and the symptoms include cough, fever, eye irritation, and a stuffy or runny nose.

If your sore throat persists for more than two days and is accompanied by fever, headache, nausea, or vomiting, it's time to see a doctor. In the meantime, see the list at *right* for some things you can do to make a sore throat feel better.



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Drink plenty of liquids.

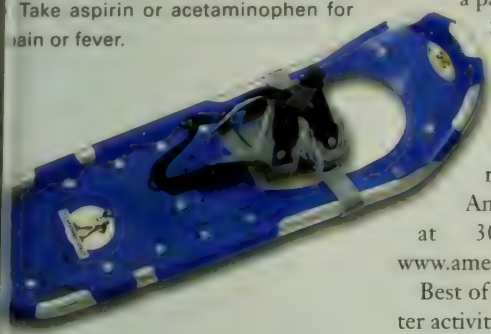
Gargle every few hours with a solution of ¼ teaspoon of salt dissolved in a cup of warm water.

Turn the heat down at night and use a cool-mist vaporizer or humidifier in the room where you spend most of your time.

Don't smoke cigarettes or eat spicy foods. Both can aggravate sore throats.

Suck on a piece of hard candy or a medicated lozenge every so often.

Take aspirin or acetaminophen for pain or fever.



SNOWSHOEING: A GREAT FAMILY SPORT

The fastest growing winter activity in the U.S. is snowshoeing, and it's easy to see why. More than 4 million people strapped on snowshoes in 1991. It's a great exercise, inexpensive, and fun to do with a group.

Snowshoeing—walking or hiking on snow—burns between 500 and 1,000 calories per hour. You can buy a pair of snowshoes for under $200, and while many ski resorts now offer places to showshoe, any snow-covered park or golf course will do. For regional locations, call the American Hiking Society at 301/565-6704 or see www.americanhiking.org.

Best of all, snowshoeing is a winter activity a family can do together.



continued on page 124



nice. But you deserve more. Only Kleenex® Cottonelle® toilet has thick Ripples™ that go beyond soft—to leave you feeling h, dry and confidently clean. And isn't clean the bottom line?

Egg Beaters. The Best Part of the Egg.

Egg Beaters® are a delicious, health-conscious alternative for many of your favorite egg dishes and recipes. You see, they're 99% real pasteurized egg whites. That means they have all the flavor and protein of whole eggs, but less than half the calories and none of the fat or cholesterol. Here's a mouth-watering recipe you can try:



Western Omelet

Makes 2 servings.
Prep Time: 15 minutes
Cook Time: 10 minutes

½ cup finely chopped red or green bell pepper
2 teaspoons Fleischmann's Margarine, divided
⅓ cup cubed cooked potato
1 cup EGG BEATERS®
2 slices turkey bacon, diced
¼ teaspoon dried oregano leaves
Fresh oregano sprig, for garnish

In an 8-inch nonstick skillet, over medium heat, sauté bell pepper, potato, turkey bacon and dried oregano in 1 teaspoon margarine until tender. Remove from skillet; keep warm.

In same skillet, over medium heat, melt remaining margarine. Pour Egg Beaters into skillet. Cook, lifting edges to allow uncooked portion to flow underneath. When almost set, spoon vegetable mixture over half of omelet. Fold other half over vegetable mixture; slide onto serving plate. Garnish with fresh oregano.

Nutritional information per serving:
Calories 147, Total Fat 6 g, Sodium 384 mg, Cholesterol 10 mg, Saturated Fat 1 g

This and 21 other "egg-cellent" recipes are featured in Egg Beaters' new recipe booklet. For a free copy, send a self-addressed, stamped envelope to Egg Beaters Recipe Book, P.O. Box 5885, Clinton, IA 52736-5885. For more information on Egg Beaters, call 1-800-988-7808.



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Dieters Need to Bone Up on Calcium

You might think that dropping pounds is always good for your overall health and self-image, but it can be hard on your bones.

A study of 236 women between the ages of 44 and 50 found that women who lost about 7 pounds within 18 months also lost twice as much bone density in their hips and spine as women who don't lose any weight.

Although the rate of bone density loss connected with weight loss is moderate, it could put women at risk for osteoporosis at an earlier age, says Dr. Loran Salamone, assistant professor of epidemiology at the University of Pittsburgh.

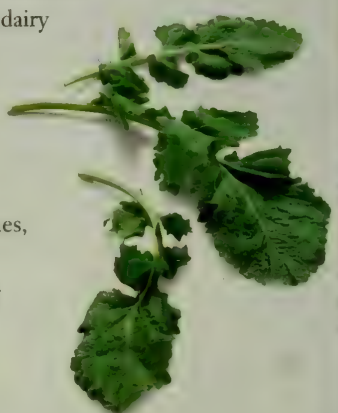
"As you approach menopause, your rate of bone loss is 1 to 2 percent a year," she says. "If you add bone loss due to dieting to this, you could be at a greater risk for fractures sooner in life."

To protect your bones—especially if you are watching your waistline—Dr. Salamone suggests getting 1,200 milligrams of calcium each day. A daily vitamin D supplement containing 400 to 800 international units will help your body absorb the calcium that it needs.

Dr. Salamone also recommends slipping on your tennis shoes to help your bones. Three to four hours of moderate exercise a week, such as walking a 15-minute mile, can help keep bones strong. Women in the study who lost weight and increased their exercise did not decrease bone density.

GETTING YOUR DAILY DOSE

Dairy products are common sources of calcium, but many Americans get calcium from nondairy sources. Processed foods, such as orange juice and breakfast cereal, may be fortified with calcium. Here are some other good sources.



- 3.75-oz. can Atlantic sardines with bones, 351 mg
- 1 cup fortified instant oatmeal, 215 mg
- ½ cup cooked turnip greens, 100 mg
- ½ cup canned white beans, 96 mg
- ¼ cup dried figs, 72 mg
- 1 oz. toasted unblanched almonds, 70 mg
- ½ cup cooked mustard greens, 50 mg
- ½ cup chopped, cooked broccoli, 47 mg
- ½ cup cooked kale, 45 mg

Source: USDA Nutrient Database



Ordinary eggs want to be as healthy as Egg Beaters. Fat chance.

g Beaters are delicious real eggs. But they have no fat, no cholesterol, d less than half the calories. That means you can eat healthy without having to ve up favorite dishes like omelets and scrambled eggs. And they're available rigerated or frozen. It's enough to turn ordinary shell eggs green with envy.

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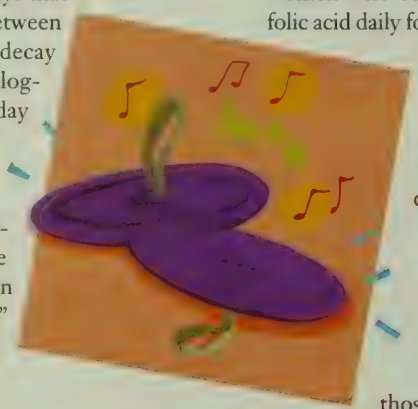


20 Ways to Better Health in Minutes

It takes more than an apple a day to keep the doctor away—but not much more. Here are 20 habits that require only a few minutes each, and will keep you on the road to good health when you've got more desire than time.

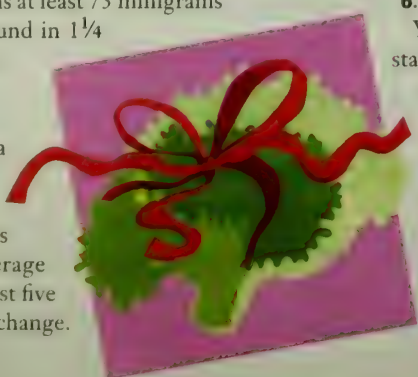
by Michele Meyer

1. Brush and floss to extend your life.
Make yourself feel more than six years younger simply by brushing and flossing every day, says Michael Roizen, M.D., an anesthesiologist and internist at the University of Illinois, Chicago. Roizen, author of *Real Age: Are You as Young as You Can Be?* (1999), says that the latest research shows a link between the bacteria pervasive in tooth decay and the bacteria found in artery clogging. "Flossing your teeth every day can make your arteries younger," says Roizen. "Men under 50 with advanced periodontal disease are 2.6 times more likely to die prematurely and three times more likely to die of heart disease than those with healthy teeth and gums."



2. Fight breast cancer with broccoli sprouts.
Sprouts are the richest source of sulforaphane, a highly potent antioxidant. In a Johns Hopkins University study, sulforaphane reduced by 60 percent the number of rats who developed mammary cancer after being exposed to carcinogens. A one-ounce serving, or about a half cup, of freshly harvested broccoli contains at least 73 milligrams of sulforaphane—the amount found in 1¼ pounds of cooked mature broccoli.

3. Take a walk to lose weight.
Just a few minutes walking at a brisk pace burns calories—lots more than if you sit around watching TV. Walking as few as 10 minutes daily lets the average 130-pound woman burn off almost five pounds a year if her diet doesn't change.



4. Take a pill to drop colon cancer risk by 75 percent.
We've all heard about folic acid and its benefits against birth defects and even against homocysteine, a major cause of heart disease. But there's a surprising and lesser-known plus: In the famed Harvard Nurses' Health Study, women who consumed more than 400 micrograms of folic acid daily for 15 years saw their colon cancer risk drop by 75 percent. Women who took the supplement for five to 10 years saw a 20 percent drop, as reported in the *Annals of Internal Medicine*. Currently, colon cancer has a death rate that surpasses breast cancer and is second only to lung cancer.

5. Enjoy yourself and live longer.
Take in an art show, watch a movie, or attend a concert this weekend. You might live longer. A nine-year study of 12,000 people in Sweden found that those who attended such cultural events were about 36 percent more likely to live longer than those who rarely did so. Why? As reported in a recent *British Medical Journal*, such pleasures arouse the immune system, helping to fend off ills.

6. Cool your appetite with soup.
You might devour fewer calories if you start your meal with soup, according to a study at Baylor College of Medicine in Houston. Hot soup helped fill the stomach so dieters tended to eat less later in the meal, said John Foreyt, Ph.D., director of the college's nutrition research program. Soup sippers lost more (about 1.3 pounds) than the non-soupers after one year.

continued on page 128


what would
you dream of doing tomorrow
if tonight you had
the best sleep of your life?
Tylenol PM safely soothes away nighttime pain and helps you sleep.
Gentle and non-habit-forming. So the next morning you'll be ready
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Twenty Ways

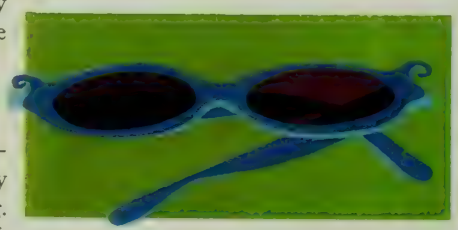
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7. Spice up the battle against food-borne bacteria.
Pasteurizing apple juice kills bacteria. Also, just one teaspoon of cinnamon mixed into a 64-ounce bottle of unpasteurized apple juice kills 99 percent of the E. coli bacteria that may be present, found microbiology researchers at Kansas State University in Manhattan, Kansas.

They also discovered that adding 3 teaspoons of cloves to every quarter pound of hamburger had the same effect. That's much more clove than most of us want, but adding cinnamon, garlic, and oregano helps too. Left unchecked, E.coli can lead to severe food poisoning, damaged kidneys, and even death. "You still have to heat the meat, but spices provide an added safety valve," says Erdogan Ceylan, a research assistant in microbiology.

8. Do puzzles to thwart Alzheimer's disease.
Exercising your brain may slow the development of Alzheimer's disease. A recent study of 193 Alzheimer's patients and 358 healthy people, mostly in their early 70s, showed that those who were mentally active from ages 40 to 60 were three times less likely to have Alzheimer's disease. The study was done by researchers at Case Western Reserve University in Cleveland, Ohio.



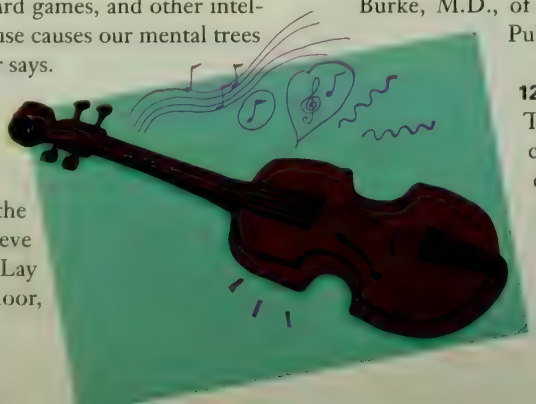
"It makes sense," says James Mortimer, Ph.D., director of University of South Florida's Institute on Aging. "If you go to the gym and lift weights, your muscles grow bigger and you're able to lift more. We'd be surprised if you weren't in fact nourishing the brain by exercising it intellectually."

The theory is that, much like trees branching out, brain cells grow branches as new connections are made through riddles, puzzles, board games, and other intellectual challenges. "Lack of use causes our mental trees to drop branches," Mortimer says.

9. Be a sphinx (or a cobra) to relieve back pain.
Just three minutes of assuming a yoga posture known as the Cobra, or Sphinx, can relieve some lower-back problems. Lay on your stomach on the floor, holding in your tummy. Keeping your hips on the floor, raise your upper body with your arms until you're on your elbows. "If back pain is muscular in origin this will be a helpful exercise," says Dr. John Cianca, an assistant professor of physical medicine and rehabilitation at Houston's Baylor College of Medicine. "But if you've got a herniated disk or arthritis, it won't help. If it hurts, you should stop."

10. Sunglasses help counter cataracts.
Wearing sunglasses will reduce your risk of cataracts by two-thirds, as demonstrated in more than a decade of studies of 3,000 Chesapeake Bay fishermen, as reported in the *Journal of the American Medical Association* two years ago. "The eye's lens is a living thing, and ultraviolet rays age them just as they age your skin. That leads to cataracts, macular degeneration, and other eyesight problems," says Anne Sumers, M.D., a Ridgewood, New Jersey, ophthalmologist and spokesperson for the American Academy of Ophthalmology.

11. Save your arteries and heart by cooking with soy.
Want to lower your cholesterol by 11 percent in six weeks? Try adding soy to your diet. You might even reduce your diastolic blood pressure by six points in the same six weeks (diastolic refers to the lowest pressure in the arteries just before the next heart contraction). Those results came from a study at Wake Forest University in Winston-Salem, North Carolina, in which 43 women ages 45 to 60 ate just two tablespoons of soy powder sprinkled into milk or orange juice or over cereal daily. Otherwise, all it takes is a cup of soy milk, a half-cup of tofu, a scoop of soy protein powder, or a handful of roasted soybeans to make a difference. The secret ingredient is plant estrogen, which may also be of benefit to those fighting arteriolosclerosis or cancer, says study leader Gregory Burke, M.D., of Wake Forest's Department of Public Health Sciences.



12. Fess up to your druggist.
Take the time to tell your pharmacist about *all* the over-the-counter—and herbal—remedies you're taking. That's the advice from David Witmer, Pharm. D., director of the Professional

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continued from page 128



Practice and Scientific Affairs Division at the American Society of Health-System Pharmacists in Bethesda, Maryland. "For some reason, people never think to include cold medicine, antihistamines, or birth control pills—and, most important, herbal products and dietary supplements—all of which can react significantly with prescriptions," says Witmer. The interactions of the foods, drugs, and supplements we take can prove to be deadly, killing more than 7,000 people each year and leading to almost 7 percent of all hospital admissions, according to the *Journal of the Geriatric Society.*

13. Turn on the stereo to crank up your antibodies.
Listening to a half-hour of soft jazz music caused levels of immunoglobulin A—our body's first defense against respiratory and other infections—to rise 14 percent in a study involving 66 students at Wilkes University in Wilkes-Barre, Pennsylvania. Although the antibody (referred to as IgA) rose, the frequency of colds was not measured. The study was published in the *Journal of Perceptual and Motor Skills.* Nonetheless, "music calms, and just being in a relaxed state helps you heal," theorizes Michael G. McGuire, professor and director of Music Therapy at Eastern Michigan University in Ypsilanti.



14. Fight flu by getting your kids to wash their hands.
Kids who wash their hands thoroughly with soap at least four times daily missed 75 percent fewer school days, had 25 percent fewer colds, and suffered 50 percent fewer stomach flus over a seven-week period than children who washed less. That was found in a study of 305 elementary school children in Grosse Pointe Park, Michigan, as published in the *Journal of Family Practice.*

15. Squeeze in exercise.
You can get a quick overall workout by doing only three exercises: crunches, push-ups, and squats. If floor push-ups are too difficult, do them against a wall instead—you'll still tone your shoulders, chest, and upper back. Stand about a foot away from the wall, and place your hands palms down and shoulder width apart on the wall. Lean in and then push your body out without allowing your elbows to splay to the sides.

For abdominal-flattening crunches, lie faceup on the floor with your knees bent and feet flat on the floor. Fold your hands across your chest and curl your shoulders toward your knees. You'll be less likely to pull with your neck if you imagine you're cradling an egg between your chest and chin. Exhale through the mouth on the effort, or as your body rises, and inhale through your nose as you lower yourself.

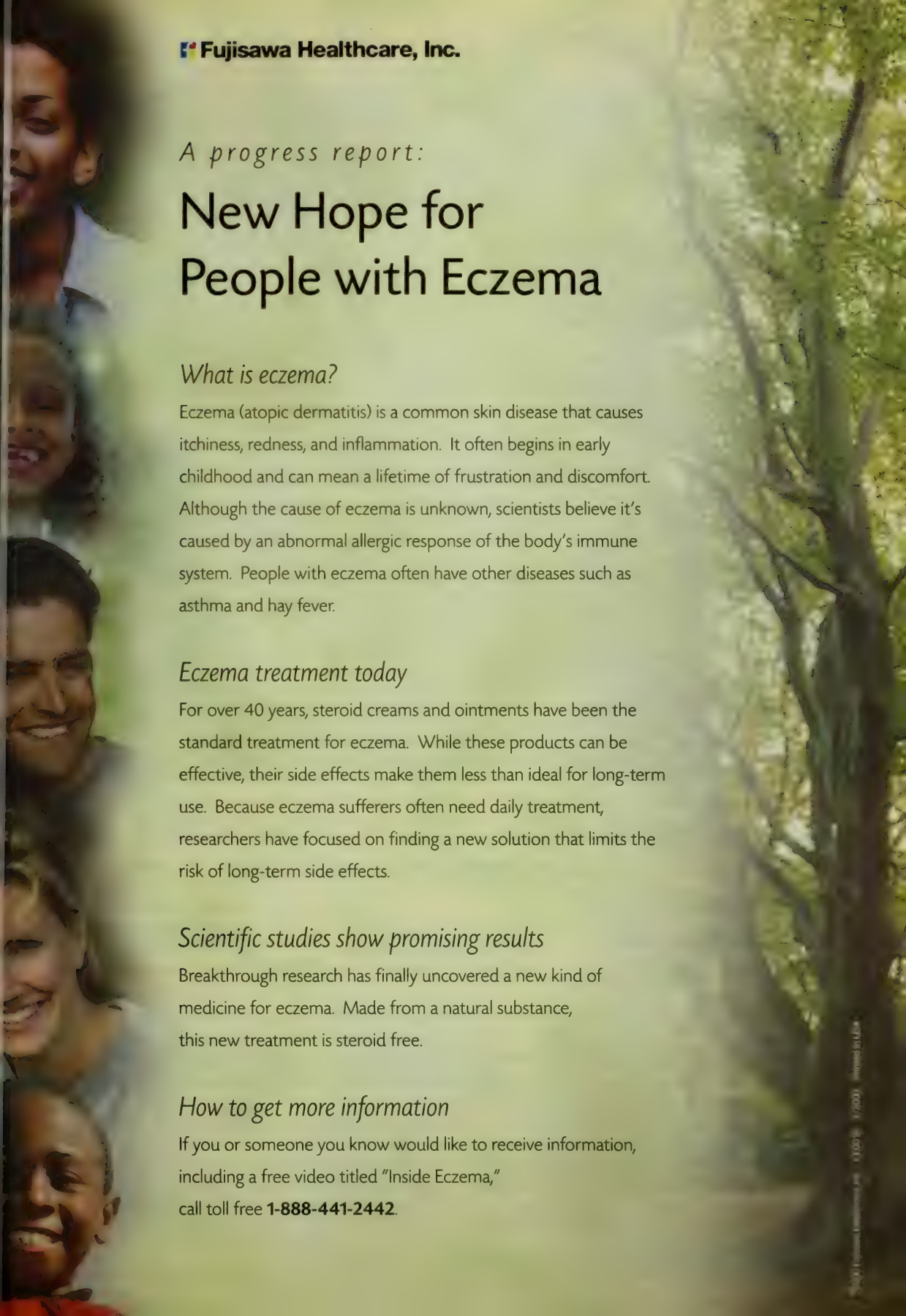
Do squats to whittle your rear and thighs. Stand with feet shoulder-width apart and feet facing forward. Lower your body with your weight in your heels. "You'll look as if you're about to sit in a chair, not like you're searching for a contact lens," says Susan Magee, personal trainer and operations manager at Memorial Athletic Club in Houston. Take care that you don't bend much at the waist, and watch that your knees do not extend forward of your toes. Perform each exercise two to three times weekly, building up from 10 to 20 repetitions. Eventually, add sets, taking a 15-second rest or stretch in between.

16. Sharpen your mind with just a little more shut-eye.
Just leaning back, closing your eyes, and relaxing for a few minutes will help you make clearer decisions and be able to attend to detail. If you're really dragging, nap.

"Anything you do to reduce stress makes a difference," says James B. Maas, Ph.D., a Cornell University psychology professor in Ithaca, New York, and author of *Power Sleep* (1999). "Even better: Take a 15-minute power nap. People say they don't have enough time, but they'll take a coffee break. Rather than ruin your sleep with caffeinated beverages, why not pay back the debt in your sleep bank and recharge your batteries? It's amazing how you'll be revived for the rest of the day—and you'll be in a better mood."

17. Eat blueberries to protect your eyes and arteries.
Two-thirds of a cup of blueberries yields the antioxidant capacity of 1,773 IU of vitamin E (60 times the recommended daily allowance) and 1,270 mg of vitamin C (that's 21 times the recommended daily allowance).

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Fujisawa Healthcare, Inc.

A progress report:

New Hope for People with Eczema

What is eczema?

Eczema (atopic dermatitis) is a common skin disease that causes itchiness, redness, and inflammation. It often begins in early childhood and can mean a lifetime of frustration and discomfort. Although the cause of eczema is unknown, scientists believe it's caused by an abnormal allergic response of the body's immune system. People with eczema often have other diseases such as asthma and hay fever.

Eczema treatment today

For over 40 years, steroid creams and ointments have been the standard treatment for eczema. While these products can be effective, their side effects make them less than ideal for long-term use. Because eczema sufferers often need daily treatment, researchers have focused on finding a new solution that limits the risk of long-term side effects.

Scientific studies show promising results

Breakthrough research has finally uncovered a new kind of medicine for eczema. Made from a natural substance, this new treatment is steroid free.

How to get more information

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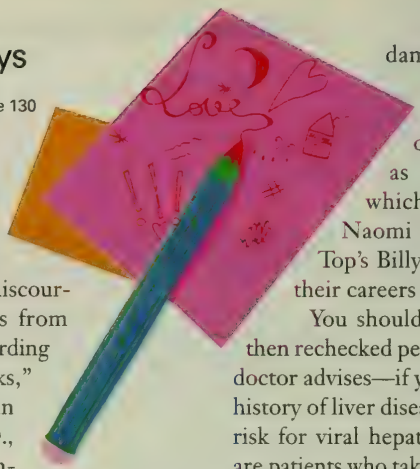
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Twenty Ways

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"The antioxidant anthocyanin not only gives blueberries their color, but also discourages blood clots from forming, thus warding off heart attacks," says Mary Ann Lila Smith, Ph.D., professor of in-vitro technology at University of Illinois. Her studies indicate blueberries may improve night vision and slow macular degeneration by strengthening tiny blood vessels in the back of the eye.

In a trial at Boston's Tufts University, aged rats fed blueberries for two months were faster, more coordinated, and better able to run mazes, according to a recent *Journal of Neuroscience*.

18. Take a roll to reduce strain. If you're suffering from a tense neck or back, take a tennis ball and place it in a tube sock. Then stand with your back against a wall, place the ball between it and you, and move your back to lower the ball over the areas that hurt but are otherwise difficult to reach. "It can work as a self-massage," says Baylor College of Medicine's Dr. Cianca.

19. Get a routine blood test to check for silent liver disease. You may be in danger of having serious liver disease that sometimes shows no apparent symptoms if you use cholesterol medications or blood-pressure-lowering drugs, combine alcohol with painkillers, or have multiple sexual partners or tattoos.

When healthy, the liver—our body's largest single internal organ—filters waste, manufactures nutrients from food, and regulates our blood. A panel of liver tests costing about $200 can reveal if your liver is damaged from an excess of iron, inflammation, or such diseases as hepatitis C, which caused singers Naomi Judd and ZZ Top's Billy Gibbons to put their careers on hold.

You should be tested—and then rechecked periodically, if your doctor advises—if you have a family history of liver disease or face a high risk for viral hepatitis. Also at risk are patients who take the medications or participate in any of the activities previously mentioned.

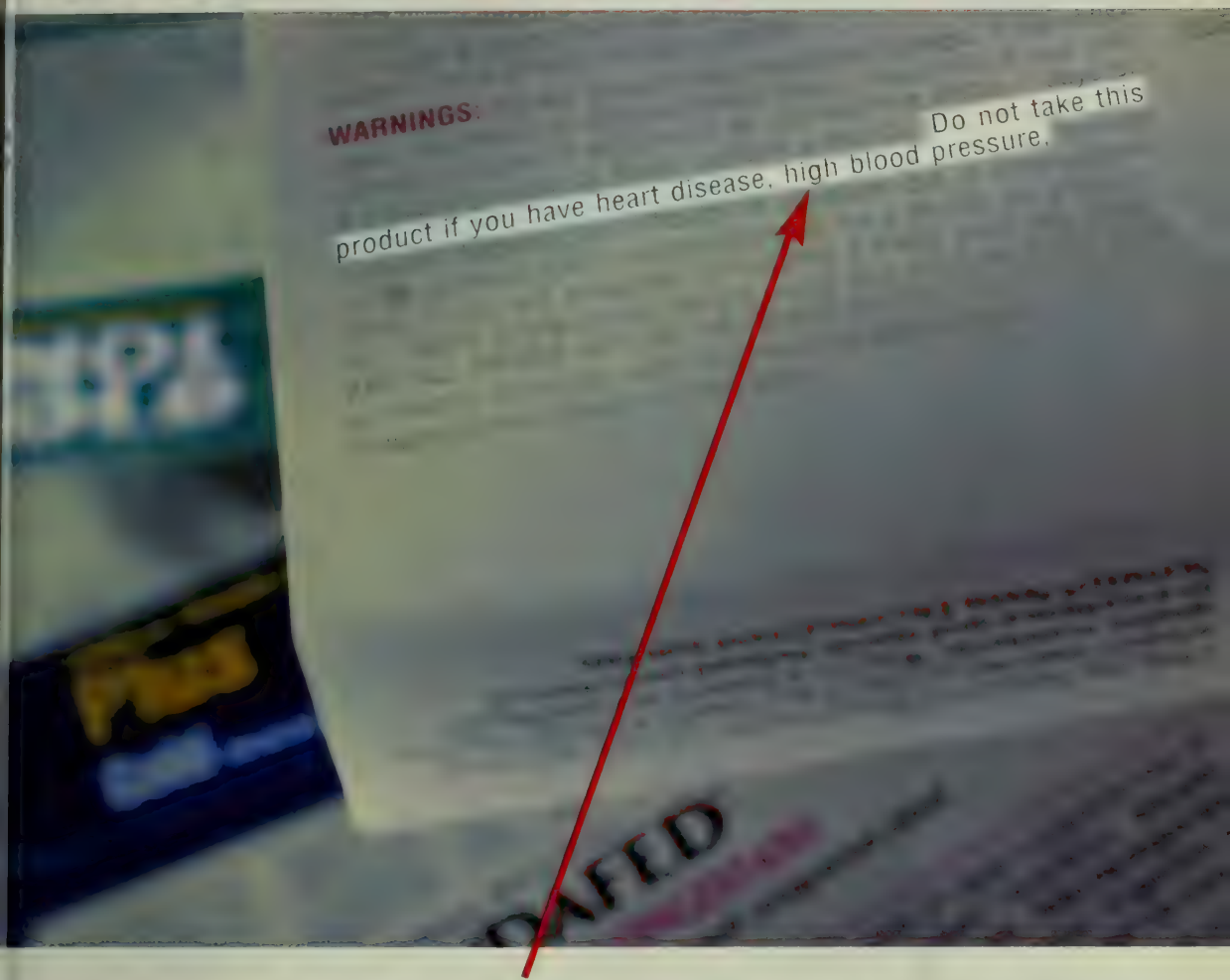
"It's a simple blood test, and you need to know," says David Brandhagen, M.D., hepatologist at Mayo Clinic. "If you're having a drug reaction, you can stop the drug, and your liver usually gets better on its own. And if you have viral hepatitis, you need to know because it can cause progressive liver damage and treatment may be necessary."

20. Put your emotions on paper. "Take three minutes to write in your journal, craft a love letter, or drop a note to a friend," says Pamela Peeke, M.D., assistant clinical professor of medicine at the University of Maryland, Baltimore, and author of *Fight Fat After 40* (2000). "Especially when you're in a stressful situation, writing your emotions out is a catharsis."

Indeed, researchers at State University of New York at Stony Brook found that 47 of the more than 100 asthma and rheumatoid arthritis sufferers in a study had a reduction in frequency and severity of their symptoms four months after writing about the most stressful event of their lives. They wrote for at least 20 minutes each day on three consecutive days.

None of those who wrote about nonemotional topics saw significant improvement, reported researchers in the *Journal of the American Medical Association* last year. So dig deep for inspiration, and better health.

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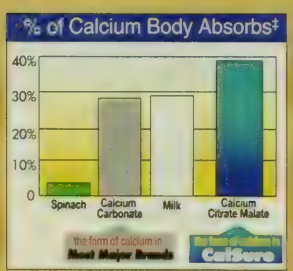
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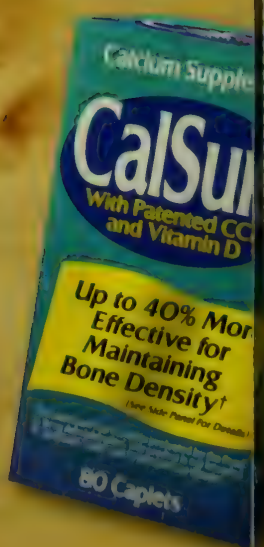
‡Source: Procter & Gamble 1996

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s 20: sheet vinyl flooring, "Starstep Textelle" and rstep Spatter Dash"—Armstrong Residential Floors; for ailer call 888/276-787664 (must dial all numbers); Inter- site: www.armstrongfloors.com. **Porcelain farm table Sardinia chairs,** for similar styles—Arhaus Furniture; for e information call 800/777-1745; www.arhaus.com.
s 22: carpeting—Mohawk Industries; for more information 800/266-4295; www.mohawkcarpet.com.

sonalized Armoires
s 26: wrapping armoire, 7489-200, "Millstone Buffet"— der Woodworking Co.; 800/523-3987.
s 28: tool armoire, Home Center, #9511—Mastercraft; for ailer near you call 800/327-0890.
s 30: laundry armoire, ROBIN wardrobe—IKEA Home lishings; 800/434-4532.
s 32: sewing armoire, Heritage Pine Collection, swing-out e armoire, HM34485—Bush Furniture; to find a store call 950-4782; www.bushfurniture.com. **Sewing machine,** 0—Bernina; for a dealer near you call 888/237-6462; w.berninausa.com.

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s 34: Bloomin' Bouquets Prints Set—Metal Tile Corp. & Art, 320 Northern Blvd., Great Neck, NY 11021.

o-Person Home Offices
es 36-39: custom oak cabinets and desk, "Heritage" itewash)—Timberline, 1728 Bishop Rd., Chehalis, WA 32; 800/746-8812. **Drawer pulls,** #5205; **knobs,** #5202—Old legant Distributing, 10203 Main St., Bellevue, WA 98004; /455-4660. **Hardwood flooring,** select oak plank (Natural sh)—discontinued. **Chair** (Blue)—Trick & Murray, 1175 NW nan Rd., Issaquah, WA 98027; 425/392-2412. **Computer,** ecision 420 Workstation"—Dell Computer Corp., One Dell y, Round Rock, TX 78682; 800/999-3355 or 877/773-3355; w.dell.com. **Recessed light,** 6-inch cans baffled (White) ailable through designers only)—Bel-Red Electric, P.O. Box 1, Redmond, WA 98073; 425/883-7178. **Wall paint,** #690 gshell); **ceiling paint,** #1030 (Aqua Velvet)—Benjamin ore & Co.; 800/826-2623; www.benjaminmoore.com. **Chan- ier** (Chrome)—Bogart, Bremmer & Bradley, 8000-15th Ave., , Seattle, WA 98117; 206/783-7333. **Rug**—Oriental Rug Co., Bellevue Way, NE, Bellevue, WA 98004; 425/453-8755. **air** (Blue)—Trick & Murray (address above). **Quilts,** hand- de—Under Cover Quilts, 1411 First Ave., #106, Seattle, WA 01; 206/622-6382. **Custom window,** #DH (White)—Pella ndows & Doors, 102 Main St., Pella, IA 50219; 800/547- 42. **Recessed lighting,** 6-inch cans baffled (White)—Bel-Red ctric (address above). **Leather chair, ottoman**—The Bon rche; 206/344-2121 (stores located only in the Northwest). **nter,** "HP 4500N Color Laser Jet Printer"—Hewlett-Packard, 10 SE. 34th St., Vancouver, WA 98683; 888/999-4747; w.hp.com. **Striped pillow**—discontinued.
ges 40-42: cabinets—N.W. Renovation and Design, 13185 . Westlawn Terrace, Portland, OR 97229; 503/641-1512. **Paint,** 107 (Biscuit)—Rodda Paint, 1200 SW. Garden Pl., Portland, 97223; 800/253-3267. **Chairs,** #4013 (Barmouth) (available ough designers only)—Pindler & Pindler, Inc., Box 8007, orpark, CA 93020; 805/531-9090. **Dining room table/chairs,** nob Creek" (available only through interior designer); **desk np, wicker basket, table lamps, lattice wall structure, large wl on sofa table and end table, chairs,** "Council"; **fabric on oman; carpet,** "Bellbridge Wool Berber"—Lori Zajic, ASID, VSID, N.W. Renovation and Design, 13185 NW. Westlawn rrace, Portland, OR 97229; 503/641-1512. **Printer**—Hewlett- ckard (address above). **Windows**—Andersen Windows, Inc.; 0/426-4261; www.andersenwindows.com. **Flooring**—Origi- l to home. **Track lighting**—Builder's Lighting, 17571 SW. 65th e., Lake Oswego, OR 97035; 503/639-8816. **French door, sofa ble, fireplace screen**—antique. **Fabric on chairs** (available ough designers)—Pindler & Pindler, Inc. (address above). **toman, fireplace**—custom.

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ges 52-54: Plumeria—Stokes Tropicals, P.O. Box 9868, New eria, LA 70562; 800/624-9706; catalog $4. Brudy's Exotics, P.O. ox 820874, Houston, TX 77282; 800/926-7333; catalog $2. **Salix tegra Hakuro-nishiki**—Wayside Gardens, 1 Garden Lane, odges, SC 29695; 800/845-1124; free catalog. **Gold elderberry**—ayside Gardens (address above). **Purple smokebush**—Arbor- llage Nursery, P.O. Box 227, Holt, MO 64048; 816/264-3911; talog $1. **Ornamental onions**—Brent and Becky's Bulbs, 7463 eath Trail, Gloucester, VA 23061; 877/661-2852; free catalog.

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ages 59-68: Melianthus major—Greer Gardens, 1280 Good- asture Island Rd., Eugene, OR 97401; 541/686-8266; catalog $3. Heronswood Nursery, 7530 NE. 288th St., Kingston, WA 98346; 360/297-4172; catalog $5. **Eustoma Forever Blue**—Burpee, 300 Park Ave., Warminster, PA 18991-0001; 800/888-1447; free catalog. **Heritage rose**—David Austin Roses, 15393 Hwy. 64 W., Tyler, TX 75704; 903/526-1800; catalog $5. Antique Rose Emporium, 9300 Lueckemeyer Rd., Brenham, TX 77833. 800/441-0002; catalog $5. **Sun Sprinkles rose**—Bear Creek Nursery, P.O. Box 411, Northport, WA 99157; fax: 509/732-4417; free catalog. Edmunds' Roses, 6235 SW. Kahle Rd., Wilsonville, OR 97070; 503/682-1476; free catalog. **Pineapple lily**—Woodlanders Inc., 1128 Colleton Ave., Aiken, SC 29801; 803/648-7522; catalog $2. **Frankliniа tree**—Arborvillage Nursery, P.O. Box 227, Holt, MO 64048; 816/264-3911; catalog $1. We-Du Nurseries, Route 5, Box 724, Marion, NC 28752; 704/738-8300; catalog $2. Fairweather Gardens, P.O. Box 330, Greenwich, NJ 08323; 856/451-6261; catalog $3. Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4. Greer Gardens (address above). Gossler Farms Nursery, 1200 Weaver Rd., Springfield, OR 97478-9691; 541/746-3922; catalog $2. **Spanish flag**—Thompson & Morgan, P.O. Box 1308, Jackson, NJ 08527; 908/363-2225; free catalog. Park Seed Co., Cokesbury Rd., Greenwood, SC 29647-0001; 864/223-7333; free catalog. J.L. Hudson, Seedsman, Star Route 2, Box 337, La Honda, CA 94020; no phone; catalog $1. **Eupatorium Gateway**—White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/255-2852; free catalog. **Calamagrostis Karl Foerster**—Busse Gardens, 17160-245th Ave., Big Lake, MN 55309; 800/544-3192; catalog $2. Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC 27516; 919/967-0078; catalog $3. **Hosta plantaginea**—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.30. Shady Oaks Nursery, P.O. Box 708, Waseca, MN 56093-0708; 800/504-8006; free catalog. **Physocarpus Diablo and Dart's Gold**—Heronswood (address above).

Breaking Out of the Box
Page 71: wallpaper, "Classic Paisley"—The Polo/Ralph Lauren Store, Minneapolis, MN; for more information call 612/338-7000.
Pages 72-73: paint on walls, "Shoreline Lawn"—Ralph Lauren Paint; available at Home Depot or for a retailer call 800/379-7656; www.homedepot.com. **Sofa and chairs,** "Yorkshire" (white linen); **pillows on sofa,** "Knights Bridge Floral"; **plaid chairs,** "Winslow" chairs with "Harrigan"wool fabric—The Polo/Ralph Lauren Store, Minneapolis, MN; for more information call 612/338-7000. **All other items**—antique, discontinued, or a personal belonging.
Pages 74-75: all items—antique, discontinued, or a personal belonging.
Pages 76-77: paint, "Hunting Coat Red"—Ralph Lauren Paint; available at Home Depot or for a retailer call 800/379-7656; www.homedepot.com. **Flag pillow, throw on window bench**—The Polo/Ralph Lauren Store, Minneapolis, MN; for more information call 612/338-7000. **All other items**—antique, discontinued, or a personal belonging.
Page 78: wallpaper, "Grace Floral"; **bedding,** "Round Hill"—The Polo/Ralph Lauren Store, Minneapolis, MN; for more information call 612/338-7000. **All other items**—antique, discontinued, or a personal belonging.

Ranch Revamp
Page 81: cedar shake stain—Cabot Stains, Inc., 100 Hale St., Newburyport, MA 01950; 800/877-8246. **Paint on front door,** no. 1497—Benjamin Moore & Co.; 800/826-2623; Internet site: www.benjaminmoore.com. **Paint trim** (Marble White)—Hirshfield's, 725 Second Ave., N, Minneapolis, MN 55405; 612/377-3910. **Windows**—Windsor Window Co., 900 S. 19th St., West Des Moines, IA 50265; 515/223-6660. **Columns**—Permacast, HB&G, P.O. Box 589, Troy, AL 36018; 800/264-4424. **Roof shingles,** "Timberline" (Weathered Wood)—GAF Materials Corp., 150 E. Anton Dr., Roseville, IL 60466; 815/372-9701.
Pages 82-83 (*top left*): coach lantern on garage—Lappin Lighting, 222 N. Second St., Minneapolis, MN 55401; 612/339-5555. **Garage door**—Designer Doors, 183 E. Pomeroy, River Falls, WI 54022; 800/241-0525. **(*Right*): wicker chair and ottoman, floral sofa,** no. 1497—Dayton's Home Store, 700 on the Mall, Minneapolis, MN 55402; 612/896-2160. **Leather sofa,** "Hampton" (Chestnut)—Bauhaus USA, Inc., Rt. 1, Box 25, Saltillo, MN 38866. **Carpet,** "Hobnail" (Straw)—Carpet Resources, 1200 Main St., Hopkins, MN 55343; 612/935-1211. **Coffee table**—Revere House, Wayzata Bay Center Mall, 951 E. Lake St., Wayzata, MN 55391; 612/476-4353. **Wall paint,** no. SW1124 (Dromedary Camel); **trim paint** (Linen White)—The Sherwin Williams Co.; 800/474-3794. **Fireplace screen**—The Fireplace Center, 12460 Wayzata Blvd., Minnetonka, MN 55305; 612/545-3797. **Stone tile around fireplace** (available through designers only)—Rubble Tile Distributers, 6001 Culligan Dr., Minnetonka, MN 55345; 612/938-2599. **Recessed lights**—Halo Lighting, Div. of Cooper Ind., 400 Busse Rd., Elk Grove Village, IL 60007; 800/323-8705. **Windows**—Windsor Window Co. (address above).
Pages 84-85 (*left*): cabinets—Dura-Supreme, 300 Dura Dr., Howard Lake, MN 55349; 320/543-3872. **Pendant fixtures**—Lappin Lighting (address above). **Sink and countertop around sink**—DuPont Corian Customer Response Center, Barley Mill Plaza, P.O. Box 80012, Wilmington, DE 19880-0012; 800/426-7426; www.corian.com. **Barstools**—Pier 1 Imports; 800/447-4371; www.pier1.com. **Granite island countertop**—custom. **Cabinet paint color** (Linen White/Satin)—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com. **Faucet**—Grohe America, Inc., 241 Covington Dr., Bloomingdale, IL 60108; 630/582-7711. **Backsplash tile** (available through designers only)—Rubble Tile Distributors (address above). (*Top right*): **windows**—Windsor Window Co. (address above). **Wall paint,** no. SW1124 (Dromedary Camel); **trim paint** (Linen White)—The Sherwin Williams Co.; 800/474-3794. **Slipcovered sofa, plaid**

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Buying Information

continued from page 135

ottoman—Retrospect, 7020 France Ave. S, Edina, MN 55435; 612/920-7611. **Wicker table and chairs**—antiques. **Carpet**—discontinued. **Dog prints above sofa**—Eddie Bauer Home; 800/426-8020. **Sailboat model**—The Museum Co./Mall of America; 612/854-4995. (*Bottom right*): **range and vent hood**—Viking Range Corp., 111 Front St., Greenwood, MS 38930; 888/845-4641; www.vikingrange.com. **Backsplash tile around stove,** 4x4 (Antique Chiaro Gloss) (available through designers only)—Rubble Tile Distributors (address above).

Page 86: cabinets—Dura-Supreme (address above). **Glass door**—Windsor Wood Window Co. (address above). **Patio table and chairs**—Hoigaard's, 3550 S. Hwy. 100, St. Louis Park, MN 55416; 612/929-1351.

Suite Strategies

Page 89: deck chairs—personal belonging. **Rug** (Blue)—The Pottery Barn; 800/922-5507. **Pillow on chair**—Linens 'n Things; for store locations call 800/568-8765. **Windows, French doors**—Pozzi Wood Windows Co., P.O. Box 5249, Bend, OR 97708; 800/547-6880. **Exterior siding,** "Hardiplank"—James Hardie Building Products, 26300 La Alameda, Ste. 250, Mission Viejo, CA 92691; 800/942-7343. **Shutter**—Shuttermart, 1022 W. Morena Blvd., San Diego, CA 92110; 619/276-6722.

Pages 90-91: bed, end tables—Macy's West; 800/622-9748. **Chair**—Kreiss Collection, 8525 Camino Santa Fe, Ste. A, San Diego, CA 92121; 800/573-4771. **Cushion on chair, wicker basket**—no source. **Wall lamp**—Lamps Plus, 20250 Plummer St., Chatsworth, CA 91311; 800/285-5267. **Linens, shams,** "Martha Stewart Living Collection"; **comforter**—Kmart; for store locations call 800/635-6278. **Afghan**—Linens 'n Things; for store locations call 800/568-8765. **Carpet,** "Coronet" Berber—DuPont Flooring System, DuPont Corian Customer Response Center, P.O. Box 80702, Wilmington, DE 19880-0012; 800/426-7426 or 800/441-7515; www.corian.com. **Picture over bed**—Marshalls; 800/627-7425. **Windows, French doors**—Pozzi Wood Windows Co. (address above). **Paint** (Shimmering Softly)—Frazee Paint & Wallcovering Marketing Dept., 6625 Miramar Rd., San Diego, CA 92121; 619/276-9500.

Pages 92-93: towel bars, chrome hardware, lighting, shower fixtures—Home Depot Expo; visit your local Home Depot. **Tub**—Barrington Kitchen and Bath, 319 W. NW. Hwy., Barrington, IL 60010; 847/202-0050. **Towels** (Gray)—The Ralph Lauren Home Collection, 1185 Avenue of the Americas, Ninth Floor, New York, NY 10036; 212/642-8700. **Towels** (Green)—Linens 'n Things; for store locations call 800/568-8765. **Rug, chrome baskets, bucket**—Strouds; for a retailer near you or to order by mail call 800/787-6837. **Bath oils and brushes**—Pier 1 Imports; 800/447-4371; www.pier1.com. **Marble in shower surround**—Arizona Tile, 7415-A Carroll Rd., San Diego, CA 92121; 619/566-5970. **Window over tub, in shower**—Pozzi Wood Windows Co. (address above). **Window blind, print over tub**—no sources. **Paint** (Whispering White)—Frazee Paint & Wallcovering (address above).

Page 94: sinks, faucets—Phylrich International, 1000 N. Orange Dr., Los Angeles, CA 90038; 800/749-5742. **Counters,** carrara marble—European Natural Stone Co., 10051 Prospect Ave., Santee, CA 92071; 619/562-0565. **Cabinets**—custom. **Cabinet hardware, light over sink, mirror, towel bar**—Home Depot U.S.A., Inc.; 800/553-3199; www.homedepot.com. **Small print by sink**—no source. **Paint** (Whispering White)—Frazee Paint & Wallcovering (address above).

Reader Shopping

Page 68: Our Picks—Edmunds' Roses, 6235 SW. Kahle Rd., Wilsonville, OR 97070. Carroll Gardens, 444 E Main St., Westminster, MD 21157. Van Bourgondien Brothers, 245 Route 109, Babylon, NY 11702.

architects & designers

Two-Person Home Offices

Pages 36-39: interior designer—Autumn Donovan, Tenhulzen Remodeling, Inc., P.O. Box 987, Redmond, WA 98073; 425/885-9871; www.autumn@tenhulzen.com. **Builder**—Mike Tenhulzen, Tenhulzen Remodeling, Inc. (address above). **Cabinet maker**—Portage Bay Cabinet Co., 3011 Fuhrman Ave., E. Seattle, WA 98102-3809; 206/329-8530.

Pages 40-42: design and construction—Lee Zajic and Lori Zajic, ASID, NWSID, N.W. Renovation and Design, 13185 NW. Westlawn Terrace, Portland, OR 97229; 503/641-1512.

Breaking Out of the Box

Pages 71-78: designer—Paul Steppes, Inc., 2514 Thomas Ave., Minneapolis, MN 55405; 612/381-9955. **Interior designer**—Debra Martinson, ASID, 901 Nicholette Mall, Minneapolis, MN 55402; 612/338-7000. **Interior painting**—Bob Silverman; 612/543-1503.

Ranch Revamp

Pages 81-86: architectural designer—Dan Mansfeldt, Architectural Design, 1209 Rushmore Crescent, Burnsville, MN; 612/431-1092. **Builder**—Warren Home Restorations, Inc., P.O. Box 417, Excelsior, MN 55331; 952/474-6798.

Suite Strategies

Pages 89-94: architect—Mark Lyon Associates, 400 Bird Rock Ave., La Jolla, CA 92037; 619/459-1171. **Contractor**—Chris Rhoda, Lighthouse Construction; 619/454-8049.

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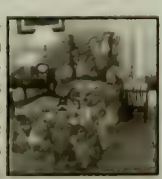
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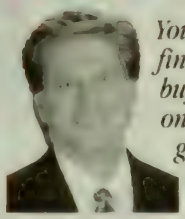
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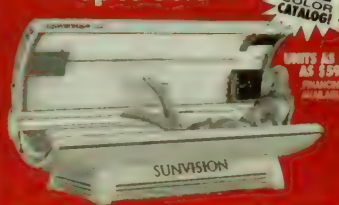
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If the Shoe Fits



Women and girls love shoes! And they must have the matching handbag! Men don't get it.



Carolyn Oltman has created these visually stunning shoe and bag prints that bring out the Imelda Marcos in all of us. The vibrant prints measure 13x13 inches each and are double-matted with black and white matting. Each print is framed under glass in a black wooden frame.





The prints are sold in matching sets of two. Choose **My Yellow Shoes and Bag** or **My Red Shoes and Bag**. By special arrangement with Art In Motion, each set sells for $49.95. Additional sets to the same address are $39 each. Prices include shipping, handling, and sales tax.

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BH&G TV

The weather outside may be frightful, but *Better Homes and Gardens* Television makes the month of February delightful. Join host Jeanett Trompeter as she takes you to the ski slopes of New Mexico, th majestic Big Sur coastline in California, and a sun-drenched tropic island across the Caribbean. In addition to experiencing the local sights and sounds, you'll meet great chefs with ideas for recipes and entertaining that are guaranteed to warm up even the coldest winter night. And along the way, you'll also discover some terrific gardening, landscaping, and decorating ideas to help brighten up your home year-round.



february

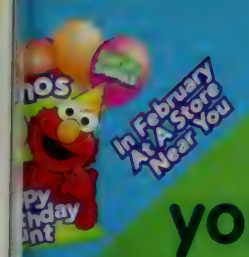
Weekend of **February 3-4**. Put on your favorite après-ski sweater and join Jeanette for a memorable meal inspired by the **Taos, New Mexico,** high country. Following your sojourn out West, you'll learn how to give your house an eye-catching makeover with colorful plants, and to save money by framing pictures at home.

Weekend of **February 10-11**. Get in the Valentine's Day spirit with a romantic weekend getaway to **California's** relaxing Ventana Inn and Spa. Chef Jerry Regester prepares a sumptuous meal for a special evening. And we'll show you some beautiful flowering plants to add early spring color to your garden.

Weekend of **February 17-18**. Cast off aboard the spectacular **Disney Wonder** cruise ship, under the command of a famous captain (hint: his first name is Mickey). Our destination is the magical **Castaway Cay**, where chef Paulo Trantino adds a nautical twist to a special roasted pineapple sundae.

Weekend of **February 24-25**. We're back in **Taos,** this time to explore the art of Southwestern cooking. Jeanette introduces us to Joseph's Table, an intimate café specializing in quality food, simplicity, and ambience. Chris Dawson shows us how to grow a small garden containing nearly everything you need to make America's favorite condiment: salsa.

Check your local TV listings for the *Better Homes and Gardens*® weekly television show. For more information and a recap of subjects from previously aired episodes, visit our fun and informative Internet site at www.bhg.com or type in AOL Keyword: BHG.



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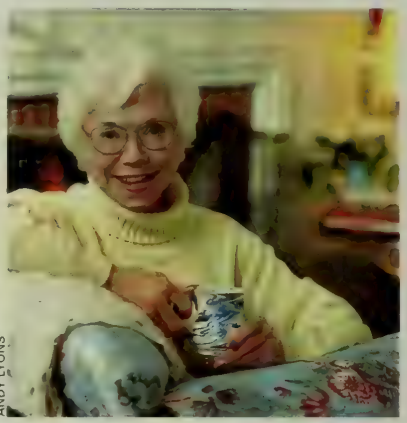
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between friends



ANDY LYONS

Oh, the things we do for lov
Before my grandson was born,
remember telling my daughte
"Don't expect me to be a cookie
baking grandmother." After al
just like many other grandmothe
in this fast-paced society, I have career responsibilities that don't leav
me much time to smell the roses—or bake the cookies.

But with Noah only months old, guess who has amassed a world-clas
collection of cookie cutters? I've now got cutters for every holiday
season of the year, and occasion that calls for a children's party. Love ha
turned me into a grandmother who can't wait to start baking cookies.

It happens in every family. There's the wife who cooks her husband'
favorite—liver and onions—even though her stomach gets queasy at th
mere sight of it. And the new husband who tolerates the cat his wif
brought into the marriage, although he strongly suspects FiFi triggered
his sneezing fits that began right after the honeymoon. And the parent
who are contemplating ear plugs because their teenage son has a rock
group that practices in the family room. These parents just know tha
he'll grow through this phase and, someday, perform at Carnegie Hall
Love does strange and wonderful things to all of us.

I've often said that love is the secret to the success of *Better Homes and Gardens*® magazine. When you love someone, you want to provide a comfortable home, fix nutritious meals, enjoy a hobby together, and take good care of your health and your children. Thankfully, this magazine has been here for 78 years with the advice and information that readers want. Love does create better homes and gardens—and families.

Now I'm anxious for more grandchildren. They'll be a cinch! I already have the cookie cutters—and the love.

Jean

Jean LemMon, *Editor in Chief*


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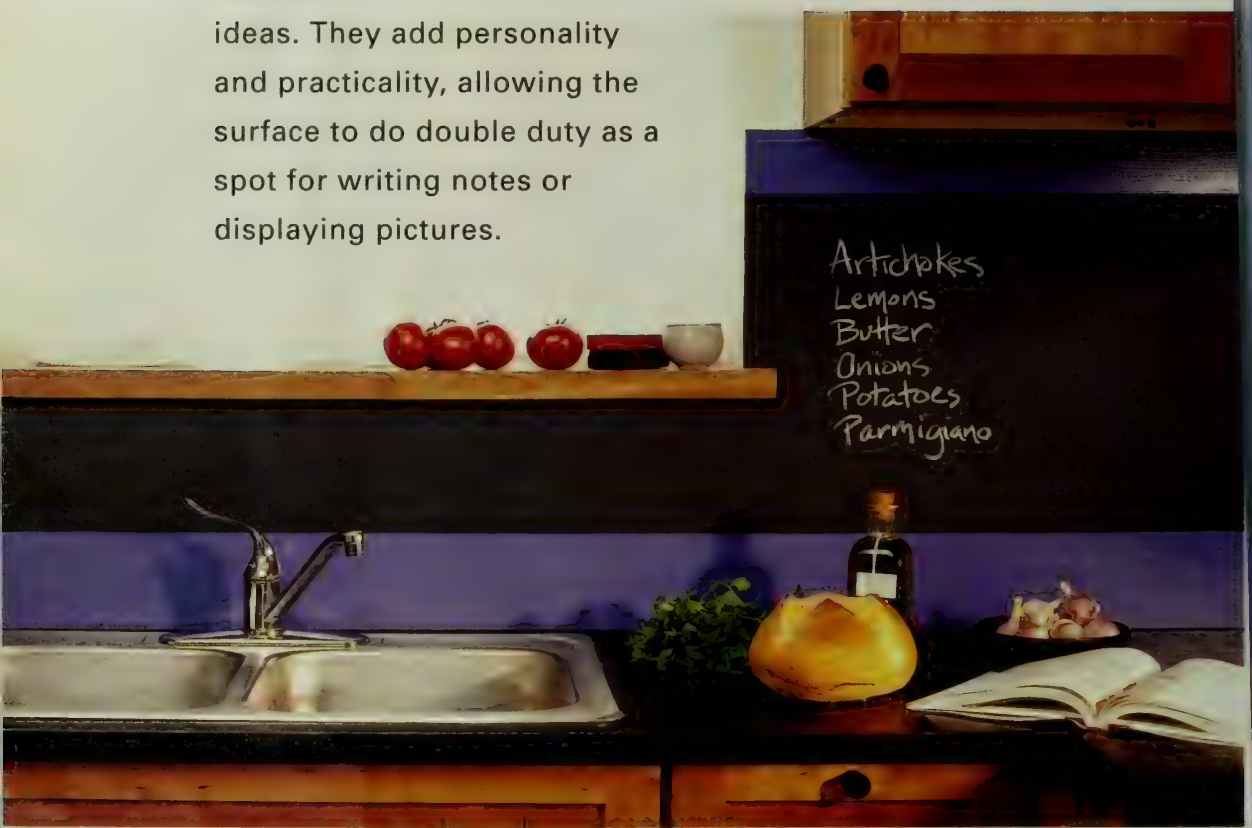
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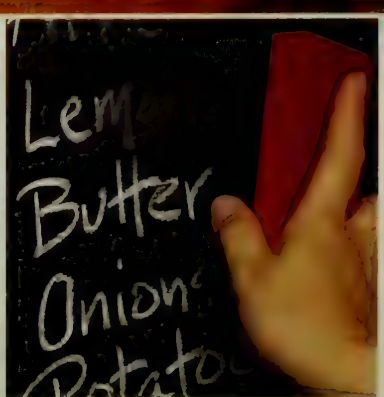
kitchen backsplashes

Sure, tile has style. But when you want to break out of the box, update your kitchen backsplash with these hands-on ideas. They add personality and practicality, allowing the surface to do double duty as a spot for writing notes or displaying pictures.



Chalk this one up to practicality. Prepare and prime the entire area, then paint it with blackboard paint. Using painter's tape, mask off a narrow border (about 3 inches) at the top and a wider border (about 6 inches) at the bottom. Paint these areas with contrasting high-gloss, scrubbable paint. If food splatters onto the blackboard, wipe it away immediately with warm water and mild detergent, rubbing as little as possible. Wipe the surface dry.

continued on page 20



Painting a blackboard onto the wall creates a convenient spot for jotting grocery lists, recipes, or family notes. Use an eraser to remove the chalk and a soft damp cloth for other cleaning.

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continued from page 18

Put a cork in it—or at least on it. A cork backing adds natural texture and a ready display space for photos, notes, and mementos. Purchase enough 12-inch-square cork tiles to completely cover the backsplash area. Working with one piece at a time and using a sharp utility knife, cut each tile to fit around windows, cupboards, or trim work. Seal tile front and sides with a coat or two of water-based polyurethane and let it dry completely. Apply thin coats of water-based contact cement to the tile and wall, and press the tile into position. Cut and adhere the next tile in the same way, making sure not to leave gaps. For added strength, run a bead of contact cement along the edge of one tile before butting the next one up to it.

continued on page 22



A coat of sealer makes the cork tiles less susceptible to water damage and food stains. Apply a coat of sealer before installing the tiles. After a few years or if the cork begins to chip, seal the surface with another coat of varnish.

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continued from page 20

Since kitchens often have a backyard view, go with the visual flow and stencil an outdoor-style trellis onto your backsplash. Paint the wall with a garden-fresh base coat that will form the lattice pattern. Apply spray stencil adhesive to the back of the stencil, according to the manufacturer's directions, and press the stencil to the wall. Using a dry stencil brush and very little paint, stipple white paint through the diamond-shaped stencil openings, letting some of the background color show through. For best results, use scrubbable latex paint.

Buying information, page 86
To order a stencil, see page 64



Dip a stiff-bristled stencil brush into white paint, then tap it onto a paper plate to remove most of the paint. Pounce the brush onto the wall. Let some base color show through, creating an aged look. Remove the stencil and tap white onto some of the lattice area.

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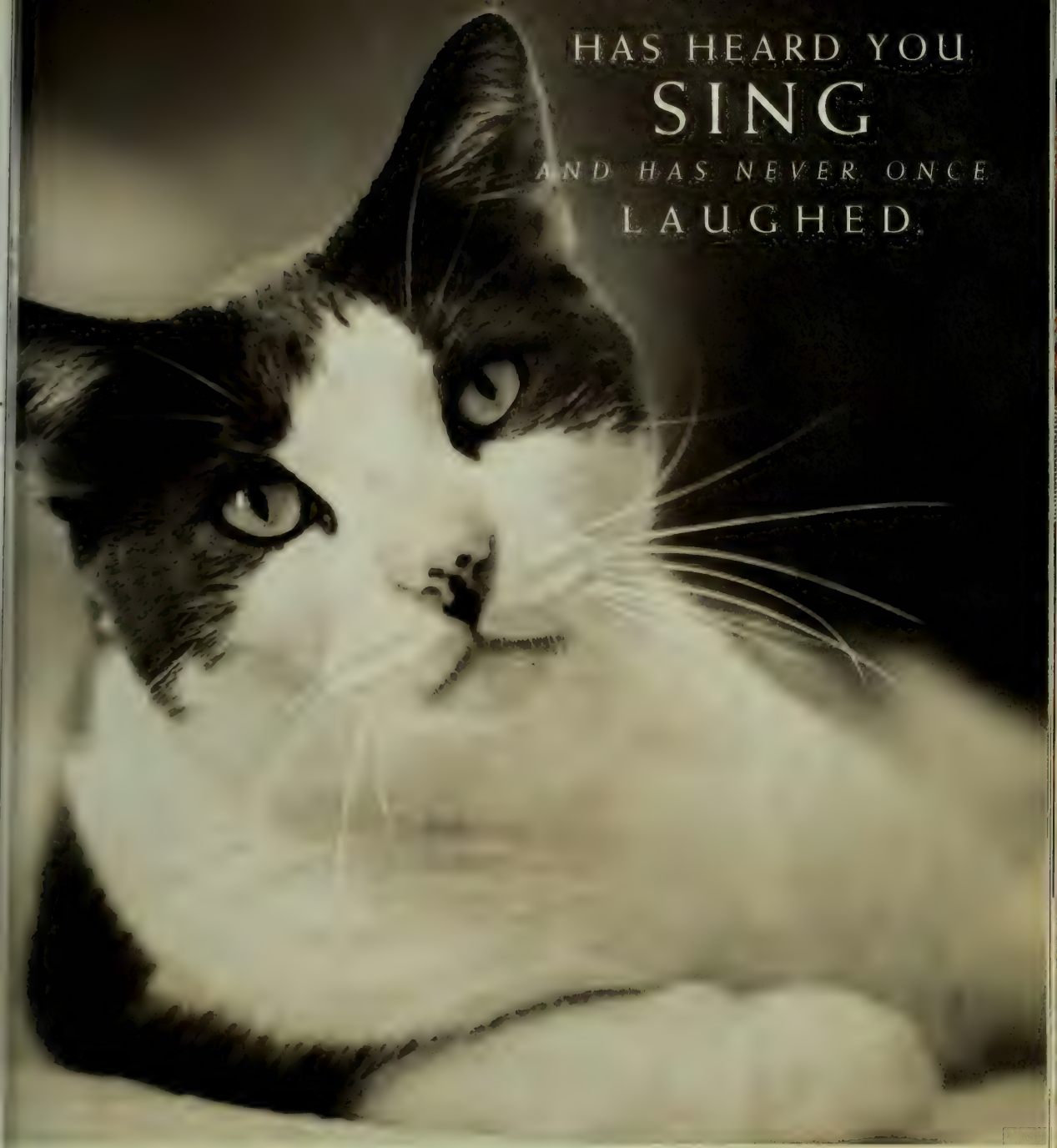
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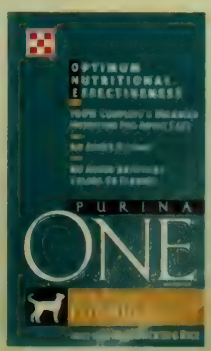
FAMILY LIBRARIES

A typical family accumulates books, magazines, videos, and memorabilia faster than a speeding minivan. But you don't have to know the Dewey decimal system to get these materials in order. Borrow ideas from the following cataloged collections. The goods are stowed with efficiency and decoration in mind.

continued on page 26



ct, your voice could sound like nails on a chalkboard, and your cat wouldn't mind a bit. All he about is that you're there for him. And a relationship that special is one worth keeping healthy with ıa O.N.E.® brand Special Formula. It's made with real chicken with no corners cut, and it's complete ery way. Plus, it's low in magnesium and it helps reduce your cat's urinary pH, which helps to tain a healthy urinary tract. And a healthy, happy cat is definitely something worth singing about.



OW GREAT RELATIONSHIPS ARE FED.™

lston Purina Company

www.purinaone.com

Family Libraries

continued from page 24

Vary the arrangement of items vertically and horizontally (*right*), so the shelves have an interesting rhythm. Intersperse the occasional non-storage item, such as a framed picture, for a pleasing interruption.

Plastic video boxes get a chic new look with a wrapping of textural cardboard (*below*). Attach with an epoxy made for paper and plastic.



Family photos, journals, scrapbooks, and mementos are stashed neatly behind attractive neutral facades. Corral items of various sizes in corrugated cardboard and cream or beige decorative paper covers, giving the assortment a cohesive look. Choose vessels with similar colors, and stay consistent even if it means covering some containers yourself. A soft chair and small desk nearby makes sorting and labeling a welcome chore.

continued on page 30

Warner-Lambert Co.



skin is one thing... But extra dry skin is a whole different animal.

s why Lubriderm® offers a very different lotion. Advanced Therapy, enriched vitamins and nutrients, was created especially for the tight, uncomfortable feeling xtra dry skin. So it heals dry skin as it moisturizes. **See you later alligator.**



Welcome to

Thomas Kinkade



"Holiday Bed and Breakfast" is approximately 6.5 inches high and comes with the FREE figurine of artist Thomas Kinkade, and his wife, Nanette.

The serene vision of renowned *Painter of Light*™ Thomas Kinkade transports you to this radiant Village Christmas where welcoming lights are reflected like thousands of glittering stars in the blanket of new-fallen snow. Warm rays of light stream from elegant homes and charming shops, inviting you to stay.

Enjoy a fascinating stroll through *Thomas Kinkade's Village Christmas*

The stately Victorian house is warm and cozy, its windows aglow with friendly radiance. Let the cheery lights from the "From the Heart Gifts" and "Santa's Workshop Toys" entice you to window shop. As golden light radiates from the graceful street lamps and the "Light of Hope Church," a peaceful feeling passes over the town all hushed by snow. It's time to savor the company of friends and family at the "Holiday Bed and Breakfast." The lights are on, and you're invited!

Begin with "Holiday Bed and Breakfast," Premier Edition—includes FREE figurine!

You will be captivated by the incredible sculptured details you get "Holiday Bed and Breakfast" and a delightful collectible figurine of gift-bearers. Each tiny wreath, individual piece of stonework, is meticulously painted by

FREE ACCESSORIES AND FIGURINES—$75 VALU

A Landmark Collection: A Remarkable Value

After "Holiday Bed and Breakfast," charter subscribers ca forward to building their village with more sculptures about every other month. Your second issue, "Light of Church," comes with the hand-painted antique car ... FRE

This is a limited time offer and strong demand fro legions of Thomas Kinkade collectors is anticipated, so don't wait to order. Send no money now. Simply complet mail the coupon.

collectiblestoday.com Home of Hawthorne Village and All Things Collectible

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illage Christmas

A Hawthorne exclusive featuring lighted sculptures inspired by the artwork of



THOMAS KINKADE

Painter of Light

"Light of Hope Church"

"From the Heart Gifts"

THOMAS KINKADE'S VILLAGE CHRISTMAS

- A Hawthorne exclusive inspired by original works from America's most collected living artist, Thomas Kinkade—and approved by the *Painter of Light*™ himself
- Meticulously hand-crafted and carefully hand-painted for exceptional realism
- Horse and sleigh, gift-bearers, antique car, and 6 lamplights with tiny wreaths—$75.00 value—FREE
- Inscribed on each lighted sculpture is a replica of Thomas Kinkade's signature
- With a hand-numbered Certificate of Authenticity and a 365-Day Unconditional Guarantee

Limited Time Offer - Please Respond Promptly

Yes! Please enter my charter subscription for the illuminated *Thomas Kinkade's Village Christmas* collection, starting with "Holiday Bed and Breakfast." I will SEND NO MONEY NOW. I will be billed the first of three easy payments of $16.65* for my first sculpture and **FREE** figurine before they are shipped. Subsequent sculptures and figurines will be shipped approximately every other month.

Mrs. Mr. Ms.
Name (PLEASE PRINT CLEARLY)

Address Apt. No

City State Zip

Signature

*Plus $5.99 postage and handling. Illinois residents add state sales tax. Pending credit approval

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continued from page 26

Adding casters to a shelving unit is another option for a kitchen cart like this one (*right*). Be sure the unit isn't tippy, and the casters are strong enough to bear its weight; casters have weight recommendations on their packaging.

Preserve your favorite recipe cards by laminating them (*below*) at a copy or office supply store. Protected from greasy fingers, cards will live on for generations.





Bring your cookbooks and recipe cards with you from one food prep area to another on a handy rolling cart. A tall bottom shelf holds any size tome, and a short shelf puts oft-used recipe cards within reach. Wrought-iron braces on the sides and back of the shelves keep items from falling off. Look for a cart with a top surface at convenient waist height to make reading recipes easy. Then add a portable cookbook holder. Keep your recipe cards together and stored in good-looking galvanized tins and lunch boxes. Tucked on the upper shelf, they're a shiny counterpoint to the darkly stained wicker.

continued on page 32

CHICKEN VINO BIANCO & PRINCIPATO



GREAT WINE. IT'S HOW ITALIANS SAY,
"GREAT FOOD IS ON THE WAY."

Olive Garden
ITALIAN RESTAURANT

When you're here,
you're Family.

Family Libraries

continued from page 30

The titles in this library indicate a travel buff lives here. To reinforce this interest, add a globe (*right*) or integrate maps and photos of distant lands.

Stack books straight up and on their sides to completely fill the shelves (*below*). This creates an overall pattern that you'll appreciate from afar. Magazine files covered with maps give clues as to the subject of their contents.



Give your bookshelves a makeover to conceal any ratty-cover paperbacks, and bring beautiful hardcover books front and center. Start by pulling all the books off the shelves and grouping them by color and cover type. Tuck the paperbacks into square baskets and stack some books on the shelves. Then, fill in with hardcover books, sorted by color. Too many dark books will create a black hole on your shelves, so break up the pattern with lighter ones.

continued on page 34



It's A Dangerous World Out There.

Be prepared. Jenny Craig® Nutritional Bars are a good source of protein with 23 vitamins and minerals, including calcium. Ready to go at a store near you.



Feed Your Willpower™

 continued from page 32

Sitting next to a bed or chair, this stack of paper-covered magazines (*right*) is a convenient rest for reading material.

Books and magazines can be decorative assets in a themed display, like this one devoted to seashells (*below*). Books with titles relating to the theme are prominently displayed. Others just help build the color scheme. Blend in three-dimensional objects for interest.





Magazines can quickly become unruly. Their slick, slippery covers defy you to place them upright on shelves. Storing them in a box is an obvious option, but then referring to one for a recipe, an idea, or a travel tip would be difficult. This idea offers a solution: Group your magazines together and sheathe them in laminated decorative paper, folded to create a soft book-cover shape. Label the spines, and you have an easy way to pick out the issue you need. A stack like this one (*above*) is weighty, and therefore stable, but don't sit on it or place a breakable on top.

PRESERVATION TIPS

BOOKS and MAGAZINES To keep your hardcover books looking good long-term, store them on shelves with each volume standing straight, spines facing out, and held in place with sufficient bookends. Stack oversize books on their backs, with the largest book on the bottom of the pile. Stack magazines horizontally or place them vertically in magazine boxes. You can have them bound together between protective covers at copy stores, which usually charge $10–$15 for a 2-inch volume.

VIDEOTAPES When not in use, keep videotapes in their cases away from extreme temperatures. Store them vertically as you do books.

FAMILY PHOTOS AND DOCUMENTS Save cherished mementos in acid-free storage containers, which are available in stores and catalogs that sell archival and photographic equipment. Do not use adhesives or staples. Anything with one-of-a-kind memories attached should be kept in a sunlight-free environment with stable cool temperatures (about 65 degrees) and medium humidity (about 35 percent). — *Brian J. Baird*

Buying information, page 86

Visit our Internet site at www.bhg.com/extra for more in-depth preservation techniques.



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Introducing TideKick: *the amazing new pretreat and wash device. Using new TideKick with new Deep Clean Formula Tide not only eliminates more of your stains than any combination of pretreaters and detergents,* it's fun. Now if only something could be done about folding. For more information on how to make laundry less of a chore visit www.tide.com.*

*vs. leading pretreater and other regular liquid detergents.

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by Catherine Kramer

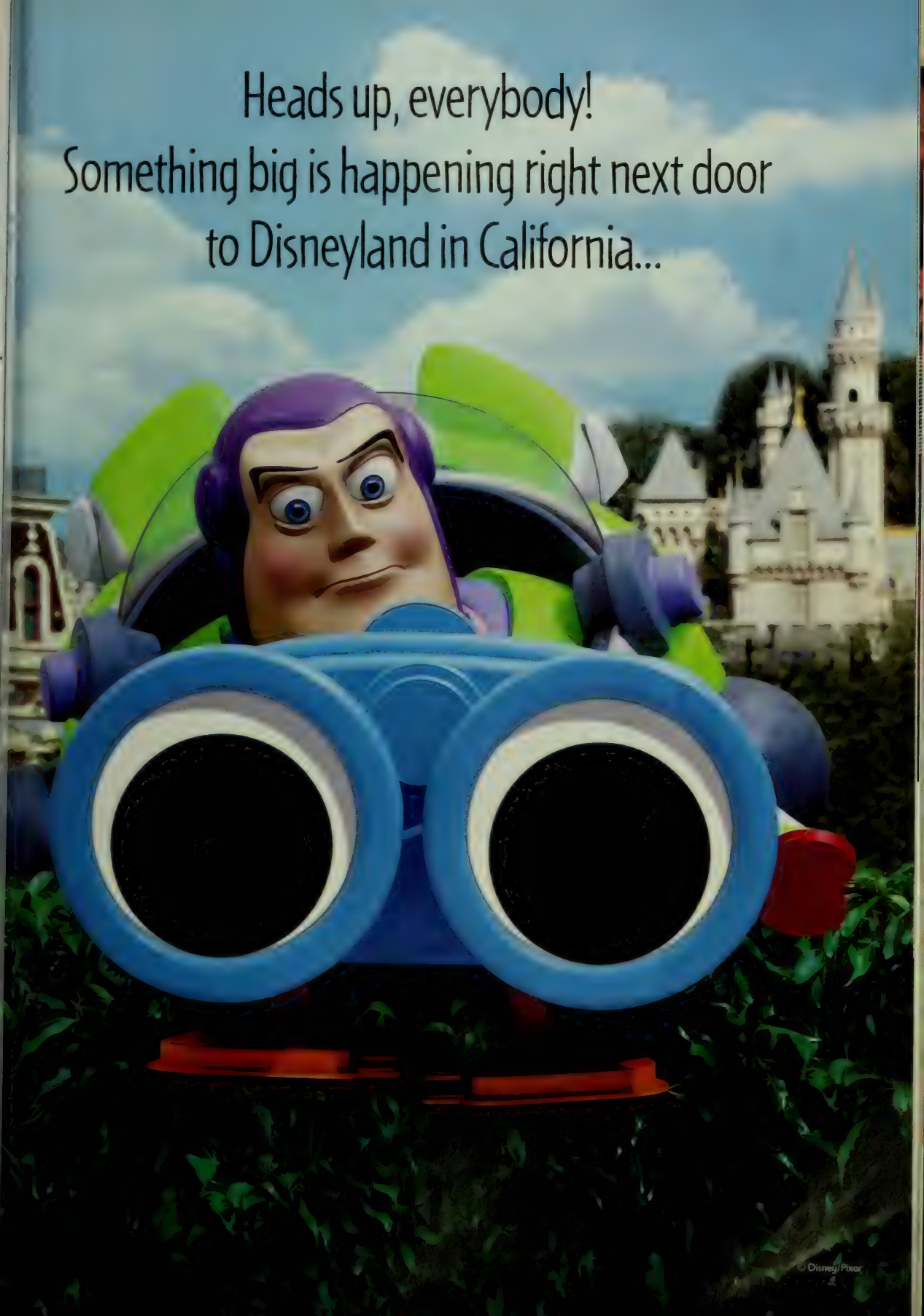


This daytime sewing room becomes a welcoming nighttime guest room with the help of some cozy amenities. A sheer fabric panel, hung from ceiling hooks, partitions the work space from the sleeping area. The slipper chair, usually stored at the foot of the bed, is pulled around to make a restful reading spot.

DAY INTO NIGHT ROOMS

You may love visits from family and friends, but it's often impractical to maintain a separate guest room when company comes only a few times a year. In the meantime, you have a lot going on, and every square inch of your house is precious. So rethink how you're using your space, and designate a room that can serve dual purposes: functional by day and inviting by night. Relying on clever furniture and flexible arrangements, we'll show you how overnight guests and play/work spaces make a comfortable fit.

continued on page 38


Heads up, everybody!
Something big is happening right next door
to Disneyland in California...
© Disney/Pixar

continued from page 36



Something as simple as the right storage bin can add style to a work space. To match this sewing room's cottage design, antique wire tool baskets (*below*) hold decorative threads and fabric remnants. Consider wicker for a natural style, aluminum for a modern style, or colored plastic for a retro style.



HOBBY ROOM Make your hobby room work for you and your overnight guests. This cottage-style sewing room provides good window light enhanced by bright white walls, helping to keep this seamstress on task. The natural light is softened by sheer café curtains. A sheer drape, hung beside the bed, creates a sense of division between the sleeping and work areas. Along with adequate lighting, ample storage is key for sewers and other hobby enthusiasts. Freestanding cabinet and drawer units hold bulk fabrics and crafts supplies, while a few drawers are kept free for guests' things. The white sewing table, with its worn enamel top, is light enough to push aside; both it and the knotty pine cabinets give the room a homey feel. That welcoming sense of home is reinforced by floral and gingham bedding in cheerful colors. A glossy, painted floor looks country, and it makes cleaning up scraps a cinch.

continued on page 40

WHOA!
It's a whole new Disney theme park!
Introducing Disney's California Adventure.



Meet the new neighbor next door to Disneyland in California.

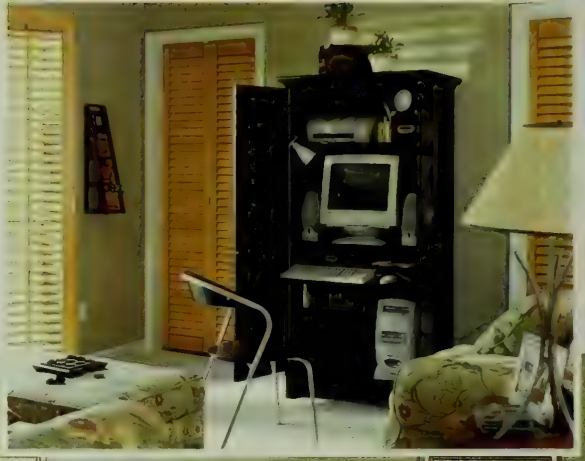
Disney's newest theme park is opening in California February 8, 2001. Now you can explore a brand-new theme park where guests will be immersed into the California spirit through the magic of Hollywood, the fun of a beachfront boardwalk and the adventures of the great outdoors. And it's all right next door to Disneyland park in California. To book your vacation at Disney's California Adventure park, call your travel agent or the Walt Disney Travel Company at 1-877-700-DISNEY. Or do your exploring on disneyland.com.

Disney's CALIFORNIA ADVENTURE
PART OF THE NEW DISNEYLAND RESORT IN CALIFORNIA

Day into Night

continued from page 38

Specially fitted for computer use, this armoire (*right*) conceals messy papers by simply closing up when not in use; the chair is set aside. The closet next to the armoire offers extra supply storage.





HOME OFFICE Decorating a home office gets challenging when the room has to accommodate both daytime clients and nighttime guests. This spare bedroom is ideal because it has a separate patio door entrance, a bathroom, and a closet—all given a unified look with custom shutter doors. (You can get a similar look with louvered bifold doors from a home center.) Sage green walls, tailored upholstery, and a neutral berber carpet keep the room from looking too "boudoir." For everyday use, the love seats are pulled into an L shape, so the occupants can converse comfortably. When friends sleep over, one love seat is pulled back against the wall so both seats can fold out into 36-inch-wide twin beds. Between the beds, a wicker filing unit has a top drawer for nightstand use.

continued on page 42

During meetings, the large ottoman (*below*) is a handy spot to rest papers or coffee cups on a tray. A roomy compartment inside holds bedding for the fold-out sleeper-sofas.




Once. And Again.
And Again.
Want strong kids?
The calcium in milk helps
their bones grow.
And it helps ward off
osteoporosis for you.
So drink up.
got milk?
AMERICA'S DAIRY FARMERS AND MILK PROCESSORS

Day into Night

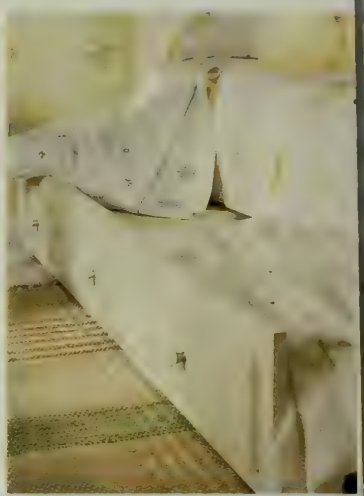
continued from page 40





CHILD'S ROOM While your child's sleeping space may be limited, her desire for sleepovers is not. So welcome extra kids with a pull-out trundle bed and tucked-away sleeping bags. The bed's twin-size frame isn't the space hog that a bunk- or a full-size bed would be. That means your child has more room for play during the day. At night, the trundle extends to accommodate one guest. Stash a couple of sleeping bags in a trunk at the end of the bed and you've got a full-scale pajama party. You can free up even more floor space with wall shelves mounted high—but within reach from the bed or a stepping stool—to store books and other treasures. A stenciled wall pattern copied from the bedding adds decoration without the need for a lot of pictures. On the floor, a washable rug protects the plush white carpet.

The bed (*below*) has a built-in trundle on casters. You can also purchase a metal pop-up trundle frame for any bed that has adequate clearance beneath.





The trunk at the foot of the bed (*above*) is actually part of the bed frame. When closed, it's a sturdy bench. The inside holds extra bedding and sleeping bags.

Buying information, page 86

For more guest room decorating ideas, visit our Web site at www.bhg.com/extra



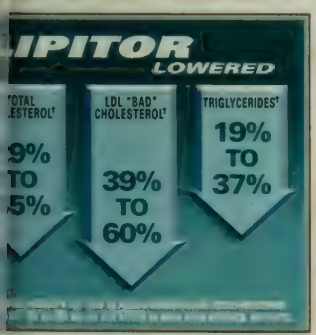
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LIPITOR is taken once a day, at any time, with or without food. Side effects are usually mild and temporary. In clinical studies, less than 2% of people taking LIPITOR stopped due to adverse effects. LIPITOR is generally well-tolerated. The most commonly reported side effects include constipation, flatulence, dyspepsia, and abdominal pain.

Only your doctor or healthcare provider can determine if LIPITOR is right for you. Some people should not take LIPITOR, including those with liver disease or possible liver problems, women who are nursing, pregnant, or may become pregnant, or people who are allergic to any of the ingredients in LIPITOR.

It's important to tell your doctor about any medications you are currently taking to avoid possible serious drug interactions. Your doctor may perform simple blood tests to monitor liver function before and during treatment.

If you are taking LIPITOR, tell your doctor about any unusual muscle pain or weakness, as this could be a sign of serious side effects.

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Call **1-888-LIPITOR** to receive a free brochure. You can also get more information about LIPITOR by talking to your doctor or pharmacist, or visit the LIPITOR web site at **www.lipitor.com**.

Please see important additional information on next page.

R has not been shown to prevent heart
or heart attack.

LIPITOR®
atorvastatin calcium
tablets

The Lower Numbers You're Looking For

Pfizer U.S. Pharmaceuticals

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LP-M0-4552

*As per *IMS National Prescription Audit*, week of 8/4/00

LIPITOR® (Atorvastatin Calcium) Tablets
Brief Summary of Prescribing Information

CONTRAINDICATIONS: Active liver disease or unexplained persistent elevations of serum transaminases Hypersensitivity to any component of this medication. **Pregnancy and Lactation** — Atherosclerosis is a chronic process and discontinuation of lipid-lowering drugs during pregnancy should have little impact on the outcome of long-term therapy of primary hypercholesterolemia. Cholesterol and other products of cholesterol biosynthesis are essential components for fetal development (including synthesis of steroids and cell membranes). Since HMG-CoA reductase inhibitors decrease cholesterol synthesis and possibly the synthesis of other biologically active substances derived from cholesterol, they may cause fetal harm when administered to pregnant women. Therefore, HMG-CoA reductase inhibitors are contraindicated during pregnancy and in nursing mothers. ATORVASTATIN SHOULD BE ADMINISTERED TO WOMEN OF CHILDBEARING AGE ONLY WHEN SUCH PATIENTS ARE HIGHLY UNLIKELY TO CONCEIVE AND HAVE BEEN INFORMED OF THE POTENTIAL HAZARDS. If the patient becomes pregnant while taking this drug, therapy should be discontinued and the patient apprised of the potential hazard to the fetus.

WARNINGS: Liver Dysfunction — HMG-CoA reductase inhibitors, like some other lipid-lowering therapies, have been associated with biochemical abnormalities of liver function. **Persistent elevations (>3 times the upper limit of normal [ULN] occurring on 2 or more occasions) in serum transaminases occurred in 0.7% of patients who received atorvastatin in clinical trials. The incidence of these abnormalities was 0.2%, 0.2%, 0.6%, and 2.3% for 10, 20, 40, and 80 mg, respectively.** One patient in clinical trials developed jaundice. Increases in liver function tests (LFT) in other patients were not associated with jaundice or other clinical signs or symptoms. Upon dose reduction, drug interruption, or discontinuation, transaminase levels returned to or near pretreatment levels without sequelae. Eighteen of 30 patients with persistent LFT elevations continued treatment with a reduced dose of atorvastatin. **It is recommended that liver function tests be performed prior to and at 12 weeks following both the initiation of therapy and any elevation of dose, and periodically (eg, semiannually) thereafter.** Liver enzyme changes generally occur in the first 3 months of treatment with atorvastatin. Patients who develop increased transaminase levels should be monitored until the abnormalities resolve. Should an increase in ALT or AST of >3 times ULN persist, reduction of dose or withdrawal of atorvastatin is recommended. Atorvastatin should be used with caution in patients who consume substantial quantities of alcohol and/or have a history of liver disease. Active liver disease or unexplained persistent transaminase elevations are contraindications to the use of atorvastatin (see CONTRAINDICATIONS). **Skeletal Muscle — Rhabdomyolysis with acute renal failure secondary to myoglobinuria has been reported with other drugs in this class.** Uncomplicated myalgia has been reported in atorvastatin-treated patients (see ADVERSE REACTIONS). Myopathy, defined as muscle aches or muscle weakness in conjunction with increases in creatine phosphokinase (CPK) values >10 times ULN, should be considered in any patient with diffuse myalgias, muscle tenderness or weakness, and/or marked elevation of CPK. Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever. Atorvastatin therapy should be discontinued if markedly elevated CPK levels occur or myopathy is diagnosed or suspected. The risk of myopathy during treatment with other drugs in this class is increased with concurrent administration of cyclosporine, fibric acid derivatives, erythromycin, niacin, or azole antifungals. Physicians considering combined therapy with atorvastatin and fibric acid derivatives, erythromycin, immunosuppressive drugs, azole antifungals, or lipid-lowering doses of niacin should carefully weigh the potential benefits and risks and should carefully monitor patients for any signs or symptoms of muscle pain, tenderness, or weakness, particularly during the initial months of therapy and during any periods of upward dosage titration of either drug. Periodic creatine phosphokinase (CPK) determinations may be considered in such situations, but there is no assurance that such monitoring will prevent the occurrence of severe myopathy. **Atorvastatin therapy should be temporarily withheld or discontinued in any patient with an acute, serious condition suggestive of a myopathy or having a risk factor predisposing to the development of renal failure secondary to rhabdomyolysis (eg, severe acute infection, hypotension, major surgery, trauma, severe metabolic, endocrine and electrolyte disorders, and uncontrolled seizures).**

PRECAUTIONS: General — Before instituting therapy with atorvastatin, an attempt should be made to control hypercholesterolemia with appropriate diet, exercise, and weight reduction in obese patients, and to treat other underlying medical problems (see INDICATIONS AND USAGE in full prescribing information). **Information for Patients** — Patients should be advised to report promptly unexplained muscle pain, tenderness, or weakness, particularly if accompanied by malaise or fever. **Drug Interactions** — The risk of myopathy during treatment with other drugs of this class is increased with concurrent administration of cyclosporine, fibric acid derivatives, niacin (nicotinic acid), erythromycin, azole antifungals (see WARNINGS, Skeletal Muscle). ***Antacid:*** When atorvastatin and Maalox® TC suspension were coadministered, plasma concentrations of atorvastatin decreased approximately 35%. However, LDL-C reduction was not altered. ***Antipyrine:*** Because atorvastatin does not affect the pharmacokinetics of antipyrine, interactions with other drugs metabolized via the same cytochrome isozymes are not expected. ***Colestipol:*** Plasma concentrations of atorvastatin decreased approximately 25% when colestipol and atorvastatin were coadministered. However, LDL-C reduction was greater when atorvastatin and colestipol were coadministered than when either drug was given alone. ***Cimetidine:*** Atorvastatin plasma concentrations and LDL-C reduction were not altered by coadministration of cimetidine. ***Digoxin:*** When multiple doses of atorvastatin and digoxin were coadministered, steady-state plasma digoxin concentrations increased by approximately 20%. Patients taking digoxin should be monitored appropriately. ***Erythromycin:*** In healthy individuals, plasma concentrations of atorvastatin increased approximately 40% with coadministration of atorvastatin and erythromycin, a known inhibitor of cytochrome P450 3A4 (see WARNINGS, Skeletal Muscle). ***Oral Contraceptives:*** Coadministration of atorvastatin and an oral contraceptive increased AUC values for norethindrone and ethinyl estradiol by approximately 30% and 20%. These increases should be considered when selecting an oral contraceptive for a woman taking atorvastatin. ***Warfarin:*** Atorvastatin had no clinically significant effect on prothrombin time when administered to patients receiving chronic warfarin treatment. **Endocrine Function** — HMG-CoA reductase inhibitors interfere with cholesterol synthesis and theoretically might blunt adrenal and/or gonadal steroid production. Clinical studies have shown that atorvastatin does not reduce basal plasma cortisol concentration or impair adrenal reserve. The effects of HMG-CoA reductase inhibitors on male fertility have not been studied in adequate numbers of patients. The effects, if any, on the pituitary-gonadal axis in premenopausal women are unknown. Caution should be exercised if an HMG-CoA reductase inhibitor is administered concomitantly with drugs that may decrease the levels or activity of endogenous steroid hormones, such as ketoconazole, spironolactone, and cimetidine. **CNS Toxicity** — Brain hemorrhage was seen in a female dog treated for 3 months at 120 mg/kg/day. Brain hemorrhage and optic nerve vacuolation were seen in another female dog that was sacrificed in moribund condition after 11 weeks of escalating doses up to 280 mg/kg/day. The 120 mg/kg dose resulted in a systemic exposure approximately 16 times the human plasma area-under-the-curve (AUC, 0-24 hours) based on the maximum human dose of 80 mg/day. A single tonic convulsion was seen in each of 2 male dogs (one treated at 10 mg/kg/day and one at 120 mg/kg/day) in a 2-year study. No CNS lesions have been observed in mice after chronic treatment for up to 2 years at doses up to 400 mg/kg/day or in rats at doses up to 100 mg/kg/day. These doses were 6 to 11 times (mouse) and 8 to 16 times (rat) the human AUC (0-24) based on the maximum recommended human dose of 80 mg/day. CNS vascular lesions, characterized by perivascular hemorrhages, edema, and mononuclear cell infiltration of perivascular spaces, have been observed in dogs treated with other members of this class. A chemically similar drug in this class produced optic nerve degeneration (Wallerian degeneration of retinogeniculate fibers) in clinically normal dogs in a dose-dependent fashion at a dose that produced plasma drug levels about 30 times higher than the mean drug level in humans taking the highest recommended dose. **Carcinogenesis, Mutagenesis, Impairment of Fertility** — In a 2-year carcinogenicity study in rats at dose levels of 10, 30, and 100 mg/kg/day, 2 rare tumors were found in muscle in high-dose females: in one, there was a rhabdomyosarcoma and, in another, there was a fibrosarcoma. This dose represents a plasma AUC (0-24) value of approximately 16 times the mean human plasma drug exposure after an 80 mg oral dose. A 2-year carcinogenicity study in mice given 100, 200, or 400 mg/kg/day resulted in a significant increase in liver adenomas in high-dose males and liver carcinomas in high-dose females. These findings occurred at plasma AUC (0-24) values of approximately 6 times the mean human plasma drug exposure after an 80 mg oral dose. *In vitro*, atorvastatin was not mutagenic or clastogenic in the following tests with and without metabolic activation: the Ames test with *Salmonella typhimurium* and *Escherichia coli*; the HGPRT forward mutation assay in Chinese hamster lung cells, and the chromosomal aberration assay in Chinese hamster lung cells. Atorvastatin was negative in the *in vivo* mouse micronucleus test. Studies in rats performed at doses up to 175 mg/kg (15 times the human exposure) produced no changes in fertility. There was aplasia and aspermia in the epididymis of 2 of 10 rats treated with 100 mg/kg/day of atorvastatin for 3 months (16 times the human AUC at the 80 mg dose); testis weights were significantly lower at 30 and 100 mg/kg and epididymal weight was lower at 100 mg/kg. Male rats given 100 mg/kg/day for 11 weeks prior to mating had decreased sperm motility, spermatid head concentration, and increased abnormal sperm. Atorvastatin caused no adverse effects on semen parameters, or reproductive organ histopathology in dogs given doses of 10, 40, or 120 mg/kg for two years. **Pregnancy — Pregnancy Category X. See CONTRAINDICATIONS.** Safety in pregnant women has not been established. Atorvastatin crosses the rat placenta and reaches a level in fetal liver equivalent to that of maternal plasma. Atorvastatin was not teratogenic in rats at doses up to 300 mg/kg/day or in rabbits at doses up to 100 mg/kg/day. These do resulted in multiples of about 30 times (rat) or 20 times (rabbit) the human exposure based on surface (mg/m²). In a study in rats given 20, 100, or 225 mg/kg/day, from gestation day 7 through to lactation (weaning), there was decreased pup survival at birth, neonate, weaning, and maturity in pups of mot dosed with 225 mg/kg/day. Body weight was decreased on days 4 and 21 in pups of mothers dosed a mg/kg/day; pup body weight was decreased at birth and at days 4, 21, and 91 at 225 mg/kg/day. Pup d opment was delayed (rotorod performance at 100 mg/kg/day and acoustic startle at 225 mg/kg/day; p detachment and eye opening at 225 mg/kg/day). These doses correspond to 6 times (100 mg/kg) and times (225 mg/kg) the human AUC at 80 mg/day. Rare reports of congenital anomalies have been rec following intrauterine exposure to HMG-CoA reductase inhibitors. There has been one report of severe genital bony deformity, tracheo-esophageal fistula, and anal atresia (VATER association) in a baby bo a woman who took lovastatin with dextroamphetamine sulfate during the first trimester of pregnancy. LIP should be administered to women of child-bearing potential only when such patients are highly unlik conceive and have been informed of the potential hazards. If the woman becomes pregnant while tak LIPITOR, it should be discontinued and the patient advised again as to the potential hazards to the fet **Nursing Mothers** — Nursing rat pups had plasma and liver drug levels of 50% and 40%, respectively, that in their mother's milk. Because of the potential for adverse reactions in nursing infants, women ta LIPITOR should not breast-feed (see CONTRAINDICATIONS). **Pediatric Use** — Treatment experience pediatric population is limited to doses of LIPITOR up to 80 mg/day for 1 year in 8 patients with homozy FH. No clinical or biochemical abnormalities were reported in these patients. None of these patients below 9 years of age. **Geriatric Use** — Treatment experience in adults age ≥70 years with doses of LIPITOR up to 80 mg/day has been evaluated in 221 patients. The safety and efficacy of LIPITOR in this ulation were similar to those of patients <70 years of age.

ADVERSE REACTIONS: LIPITOR is generally well-tolerated. Adverse reactions have usually been mild transient. In controlled clinical studies of 2502 patients, <2% of patients were discontinued due to adv experiences attributable to atorvastatin. The most frequent adverse events thought to be related to at vastatin were constipation, flatulence, dyspepsia, and abdominal pain. **Clinical Adverse Experiences** Adverse experiences reported in ≥2% of patients in placebo-controlled clinical studies of atorvastatin regardless of causality assessment, are shown in the following table.

Adverse Events in Placebo-Controlled Studies (% of Patients)

BODY SYSTEM Adverse Event	Placebo N = 270	Atorvastatin 10 mg N = 863	Atorvastatin 20 mg N = 36	Atorvastatin 40 mg N = 79	Atorvast 80 m N = 9
BODY AS A WHOLE					
Infection	10.0	10.3	2.8	10.1	7.4
Headache	7.0	5.4	16.7	2.5	6.4
Accidental Injury	3.7	4.2	0.0	1.3	3.2
Flu Syndrome	1.9	2.2	0.0	2.5	3.2
Abdominal Pain	0.7	2.8	0.0	3.8	2.1
Back Pain	3.0	2.8	0.0	3.8	1.1
Allergic Reaction	2.6	0.9	2.8	1.3	0.0
Asthenia	1.9	2.2	0.0	3.8	0.0
DIGESTIVE SYSTEM					
Constipation	1.8	2.1	0.0	2.5	1.1
Diarrhea	1.5	2.7	0.0	3.8	5.3
Dyspepsia	4.1	2.3	2.8	1.3	2.1
Flatulence	3.3	2.1	2.8	1.3	1.1
RESPIRATORY SYSTEM					
Sinusitis	2.6	2.8	0.0	2.5	6.4
Pharyngitis	1.5	2.5	0.0	1.3	2.1
SKIN AND APPENDAGES					
Rash	0.7	3.9	2.8	3.8	1.1
MUSCULOSKELETAL SYSTEM					
Arthralgia	1.5	2.0	0.0	5.1	0.0
Myalgia	1.1	3.2	5.6	1.3	0.0

The following adverse events were reported, regardless of causality assessment in patients treated wit atorvastatin in clinical trials. The events in italics occurred in ≥2% of patients and the events in plain ty occurred in <2% of patients.

Body as a Whole: *Chest pain*, face edema, fever, neck rigidity, malaise, photosensitivity reaction, generalized edema. ***Digestive System:*** *Nausea*, gastroenteritis, liver function tests abnormal, colitis, vomiting, gastritis, dry mouth, rectal hemorrhage, esophagitis, eructation, glossitis, mouth ulceration, anorexia, increased appetite, stomatitis, biliary pain, cheilitis, duodenal ulcer, dysphagia, enteritis, melena, gum hemorrhage, stomach ulcer, tenesmus, ulcerative stomatitis, hepatitis, pancreatitis, cholestatic jaundice ***Respiratory System:*** *Bronchitis, rhinitis*, pneumonia, dyspnea, asthma, epistaxis. ***Nervous System:*** *Insomnia, dizziness*, paresthesia, somnolence, amnesia, abnormal dreams, libido decreased, emotional lability, incoordination, peripheral neuropathy, torticollis, facial paralysis, hyperkinesia, depression, hypesthesia, hypertonia. ***Musculoskeletal System:*** *Arthritis*, leg cramps, bursitis, tenosynovitis, myasthenia, tendinous contracture, myositis. ***Skin and Appendages:*** Pruritus, contact dermatitis, alopecia, dry sk sweating, acne, urticaria, eczema, seborrhea, skin ulcer. ***Urogenital System:*** *Urinary tract infection*, urina frequency, cystitis, hematuria, impotence, dysuria, kidney calculus, nocturia, epididymitis, fibrocystic breast, vaginal hemorrhage, albuminuria, breast enlargement, metrorrhagia, nephritis, urinary incontinence, urinary retention, urinary urgency, abnormal ejaculation, uterine hemorrhage. ***Special Senses:*** Amblyopia, tinnitus, dry eyes, refraction disorder, eye hemorrhage, deafness, glaucoma, parosmia, taste loss, taste perversion. ***Cardiovascular System:*** Palpitation, vasodilatation, syncope, migraine, postural hypotension, phlebitis, arrhythmia, angina pectoris, hypertension. ***Metabolic and Nutritional Disorders:*** *Peripheral edema*, hyperglycemia, creatine phosphokinase increased, gout, weight gain, hypoglycemia ***Hemic and Lymphatic System:*** Ecchymosis, anemia, lymphadenopathy, thrombocytopenia, petechia ***Postintroduction Reports*** — Adverse events associated with LIPITOR therapy reported since market introduction, that are not listed above, regardless of causality assessment, include the following: anaphylaxis, angioneurotic edema, bullous rashes (including erythema multiforme, Stevens-Johnson syndrome and toxic epidermal necrolysis), and rhabdomyolysis.

OVERDOSAGE: There is no specific treatment for atorvastatin overdosage. In the event of an overdose, the patient should be treated symptomatically, and supportive measures instituted as required. Due to extensive drug binding to plasma proteins, hemodialysis is not expected to significantly enhance atorvastatin clearance.

Consult package insert before prescribing LIPITOR® (Atorvastatin Calcium) Tablets.
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NEW MOTORIZED MODEL NOW AVAILABLE!

by Gina Harrell

Pantry Dyes



Reach to the kitchen cupboards next time you've got a fabric you're dying to color. Dyes and stains made from onion skins, powdered drink mix, or mustard are the recipes for some of nature's richest hues, especially when applied to textural fabrics.

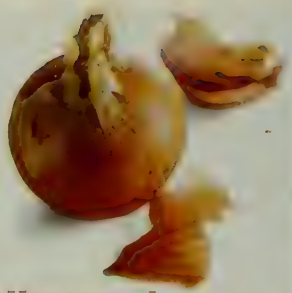
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FIRMING

Pantry Dyes

continued from page 46





Dyed with yellow onion skins, raw silk takes on a rich golden hue. A few red skins will subtly deepen the color with a russet cast.

To create this table runner (*left*), gather enough onion skins to fill a grocery bag and place them in a non-reactive saucepan, such as stainless steel or enamel (*Photo 1*). If necessary, ask the produce manager at your grocery store to save skins for you. Cover the skins with about 10 quarts of water. Bring the water to a boil, then simmer it for an hour.

Strain the onions (*Photo 2*). Add 1 cup of white vinegar to the liquid.

Prewash, then wring out 2 yards of silk fabric. Add the damp fabric to the simmering dye bath and let it cook for 30 minutes or until the color is a couple of shades darker than you want. Wring the dye from the fabric, reserving the dye. Rinse the fabric in running water until the water runs clear. As the fabric dries, the color will lighten. If it is too light, return it to the dye and simmer it longer.





Use only 100 percent natural fabrics with no surface treatments for dying. Silk and wool work best, but untreated, natural cotton also takes dye well. Look for these dressmaker and quilt fabrics at fabric stores.

Many metals will interact with dye chemicals, so use only non-reactive cooking implements, such as stainless-steel, enamel, or glass pans; wooden spoons; and glass bowls.

continued on page 50





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Pantry Dyes

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Who says sugary drinks are just for kids? Powdered drink mixes give fabrics bright, fun colors too.

To dye the fabric for these pillows (*above*), mix 12 packages of unsweetened powdered drink mix (we chose Koolaid for its lively colors), 9 quarts of water, and 1 cup of white vinegar in a stainless-steel saucepan.

Heat the liquid to just below simmering, then add 2 yards of prewashed damp fabric (*Photo 1*). Silk and wool hold this dye best. Continue to heat the dye, stirring constantly, until the fabric absorbs almost all the pigment (*Photo 2*). After 10–15 minutes, the dye bath should be somewhat cloudy. Rinse the fabric until the water runs clear. After the fabric dries, press it with a warm iron to heat-set the color.

Rinsing is key to a successful dye project. After wringing as much dye out of the fabric as possible, rinse it in running water until the water runs clear. Without this step, the dye is likely to bleed when washed.

Colors will often lighten as the fabric dries. After a fabric has been rinsed and dried, you can still darken the color by reimmersing it in a new dye bath.

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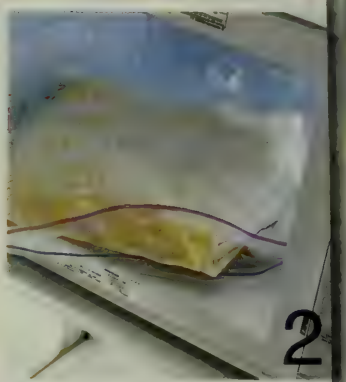
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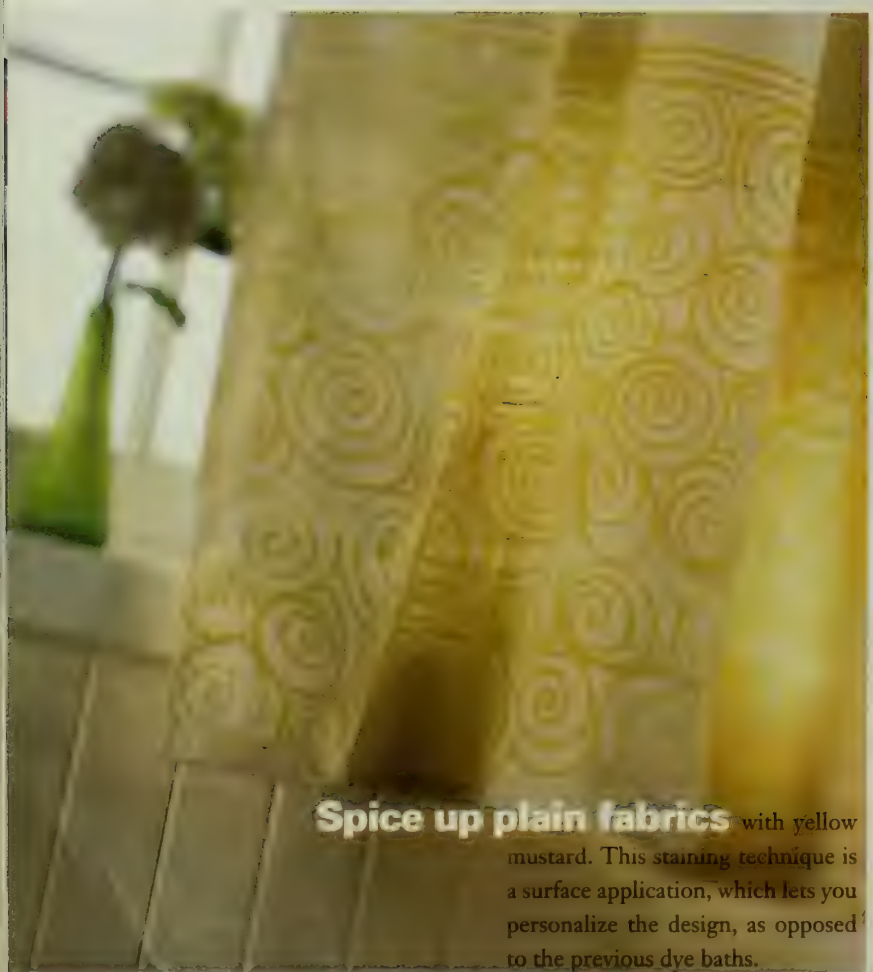
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Spice up plain fabrics with yellow mustard. This staining technique is a surface application, which lets you personalize the design, as opposed to the previous dye baths.

To make these curtains (*above*), wash and dry the fabric—silk and wool work best—then iron it and tape it tautly to a paper-covered work surface.

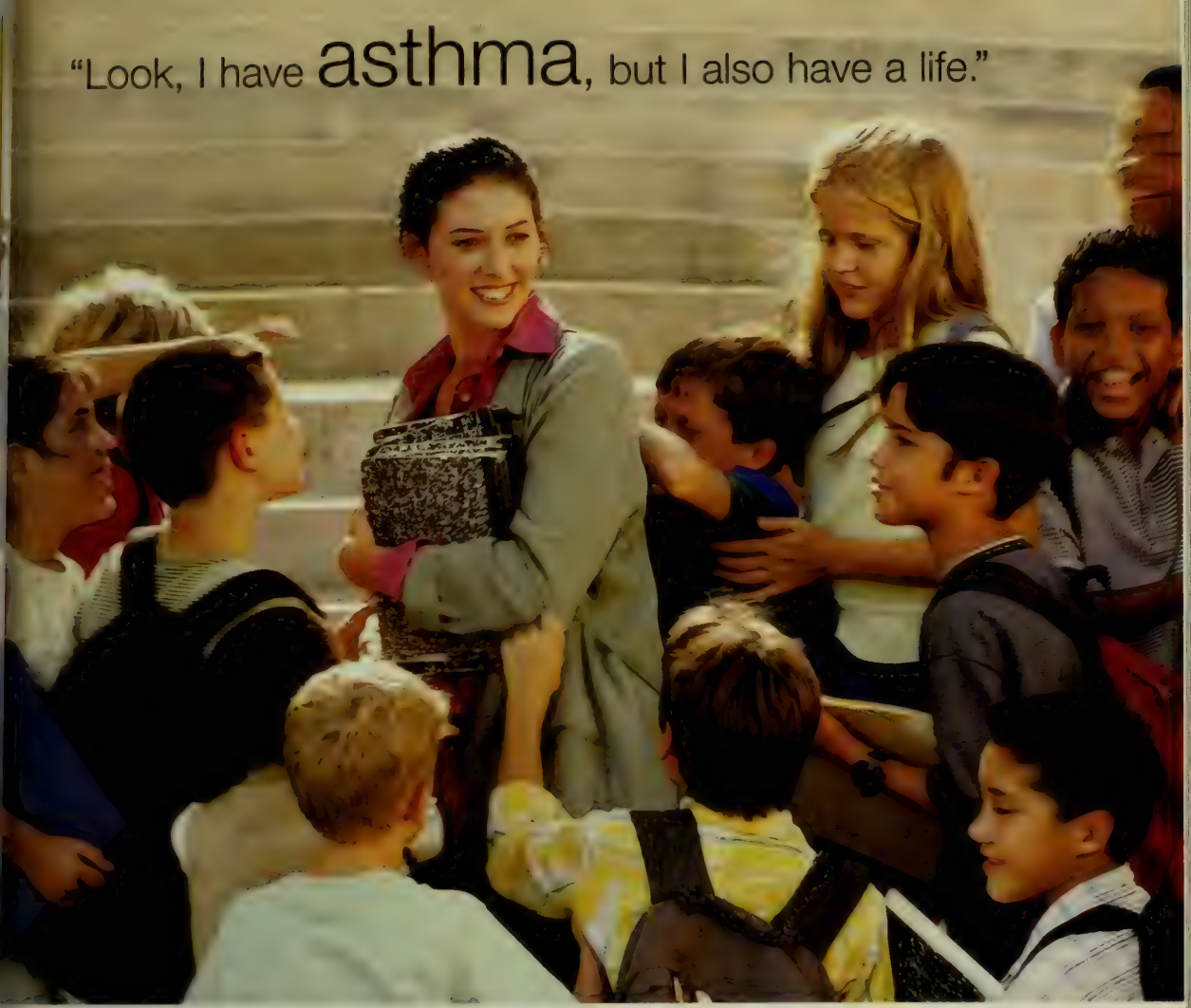
Shake the mustard and apply it directly to the fabric (*Photo 1*). Let the mustard set for about minutes, until it's nearly dry. Rin the fabric with a high-powered spr of warm water until the mustard dislodged and the water runs clea

Immerse the fabric in 10 quarts warm water and 1 cup of vinega agitating it to remove the exce mustard. Seal the wet fabric inside microwave-safe plastic bag and he on 50 percent power for 5 minut (*Photo 2*). Watch the fabric careful so it doesn't scorch. Line-dry th fabric, then press with an iron t further set the design.

There are two ways to set color: heat and chemical. Heat-setting is usually done by ironing but can sometimes be done in the microwave. Clothes dryers do not get hot enough to set a dye. Chemical setting can be done by adding white vinegar to the dye bath. To be safe, use both treatments.

For better contrast, darken the mustard by adding a smidgen of red paste food coloring to the container.

"Look, I have asthma, but I also have a life."



GULAIR helps you control your asthma.

GULAIR is different from many daily inhaled trollers. It's not a steroid and it's a once-a-day et that can help control your asthma for a full nours.

GULAIR helps keep the airways open to make thing easier. It's also been shown to reduce reliance escue medications.

GULAIR should NOT be used for the fast relief of te asthma attacks or to prevent or treat asthma de worse by exercise. You should still have rescue lication available. You should continue to take your other ma medications unless your doctor tells you to stop. GULAIR should be taken once a day, in the evening as cribed, whether or not you have asthma symptoms.

If your symptoms get worse or you need to increase the use of your rescue inhaler, call your doctor at once.

In clinical studies, side effects were usually mild, and included headache, flu, runny nose, and ear infection, and generally did not stop patients from taking SINGULAIR. Side effects varied by age. Check with your doctor if you're pregnant or nursing.

SINGULAIR is available in a 10-mg tablet for adults. It's also available in a 4-mg cherry chewable tablet for children 2–5 and a 5-mg cherry chewable tablet for children 6–14. SINGULAIR is available by prescription only.

Ask your doctor about adding once-a-day SINGULAIR.

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ONCE-A-DAY
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(MONTELUKAST SODIUM)

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Please see the Patient Product Information on the next page and discuss it with your doctor.

ONCE-A-DAY

SINGULAIR®

(MONTELUKAST SODIUM)


10-mg tablet for adults


5-mg cherry chewable tablet for children 6–14


4-mg cherry chewable tablet for children 2–5

SINGULAIR® (Montelukast Sodium) Tablets and Chewable Tablets
Patient Information about
SINGULAIR® (SING-u-lair)
Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR®. Also, read the leaflet each time you renew your prescription, in case anything has changed. This leaflet does not take the place of complete discussions with your doctor. You and your doctor should discuss SINGULAIR when you start taking your medicine and at regular checkups.

What is SINGULAIR®?

- Your doctor has prescribed SINGULAIR once a day for the long-term treatment of your (or your child's) asthma.
- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma symptoms. SINGULAIR is not a steroid.
- SINGULAIR comes in 3 forms:
  1. A 10-mg tablet that you swallow whole (for adults and children above age 14).
  2. A 5-mg chewable tablet (for children ages 6–14).
  3. A 4-mg chewable tablet (for children ages 2–5).
- **SINGULAIR should NOT be used for the fast relief of asthma attacks.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.

What is asthma?

- Asthma is a continuing (chronic) lung disease. It cannot be cured, but it can be controlled.
- Symptoms of asthma include:
  - coughing
  - wheezing
  - chest tightness
- In some patients, symptoms worsen during the night or after exercise.

Who should not take SINGULAIR?

Patients with allergies to any components of SINGULAIR should not take SINGULAIR. The active ingredient in SINGULAIR is montelukast sodium. The inactive ingredients are listed at the end of this leaflet.

The safety and efficacy of SINGULAIR has not been established in children younger than age 2.

What should I tell my doctor before taking SINGULAIR?

Tell your doctor:

- If you are pregnant or plan to become pregnant. SINGULAIR may not be right for you.
- If you are breast-feeding. SINGULAIR may be passed in your milk to your baby.
- About any medical problems or allergies you have now or have had.
- About all medicines that you are taking or plan to take, including those you can get without a prescription.

How should I take SINGULAIR?

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR daily for as long as your doctor prescribes it, even if you have no symptoms.
- You may take SINGULAIR with or without food.
- Children who are prescribed SINGULAIR should take it under the supervision of an adult.
- If your symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, contact your doctor at once.
- **Do NOT take SINGULAIR to stop an asthma attack.** If an attack occurs, follow the instructions your doctor gave you for asthma attacks.
- It is very important that you continue taking your other asthma medicines unless your doctor tells you to stop. In addition, do not lower the dose of any of your asthma medicines unless you are told to do so by your doctor. Your doctor may decide to reduce the amount you use of your current asthma medicine.
- If your asthma is made worse by exercise, continue to use the medicines your doctor prescribed for you to use before exercise, unless your doctor tells you otherwise. Always have your inhaled rescue medicine for asthma attacks with you in case you need it.

The dose for adults and adolescents 15 years and older is one 10-mg tablet daily. The dose for children 6 to 14 years old is one 5-mg chewable tablet daily. The dose for children 2 to 5 years old is one 4-mg chewable tablet daily.

What should I avoid while taking SINGULAIR?

- If your asthma is made worse by aspirin, you should continue to avoid aspirin or other non-steroidal anti-inflammatory drugs, such as ibuprofen and naproxen.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild.

- The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were treated with placebo (a pill containing no medication).

The list below is NOT a complete list of side effects reported with SINGULAIR. Your doctor can discuss with you a more complete list of side effects. The most common side effects are listed below.

tiredness	headache
fever	rash
abdominal (stomach) pain	cough
stomach or intestinal upset (gastroenteritis)	flu
heartburn	stuffy nose
dizziness	

Less common side effects included the following:

- allergic reactions including
  - swelling of the face, lips, tongue, and/or throat, which may cause difficulty in breathing or swallowing
  - hives
  - itching
- bad/vivid dreams
- irritability
- restlessness
- insomnia
- nausea
- vomiting
- dyspepsia
- diarrhea
- muscle aches and muscle cramps

Rarely, patients taking SINGULAIR have experienced a condition that can be a combination of certain symptoms that do not go away or that get worse. These symptoms may include:

- a flu-like illness
- rash
- a feeling of pins and needles or numbness of arms or legs
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These have occurred usually, but not always, in patients who were taking oral corticosteroid pills for asthma and those corticosteroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, you must tell your doctor right away if you have one or more of these symptoms.

Remember, anytime you have a medical problem you think may be related to SINGULAIR, talk to your doctor.

Other Information

Do not share SINGULAIR with anyone else; it was prescribed only for you. Do not use it for a condition for which it was not prescribed.

Keep SINGULAIR and all medicines out of the reach of children.

Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

This leaflet provides a summary of information about SINGULAIR. If you have any questions or concerns about either SINGULAIR or asthma, talk to your doctor. In addition, you can talk to your pharmacist or other health care provider. Your doctor or pharmacist can give you an additional leaflet that is written for health professionals.

Inactive ingredients:

4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.

10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, carnauba wax.

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The sloppy flopper

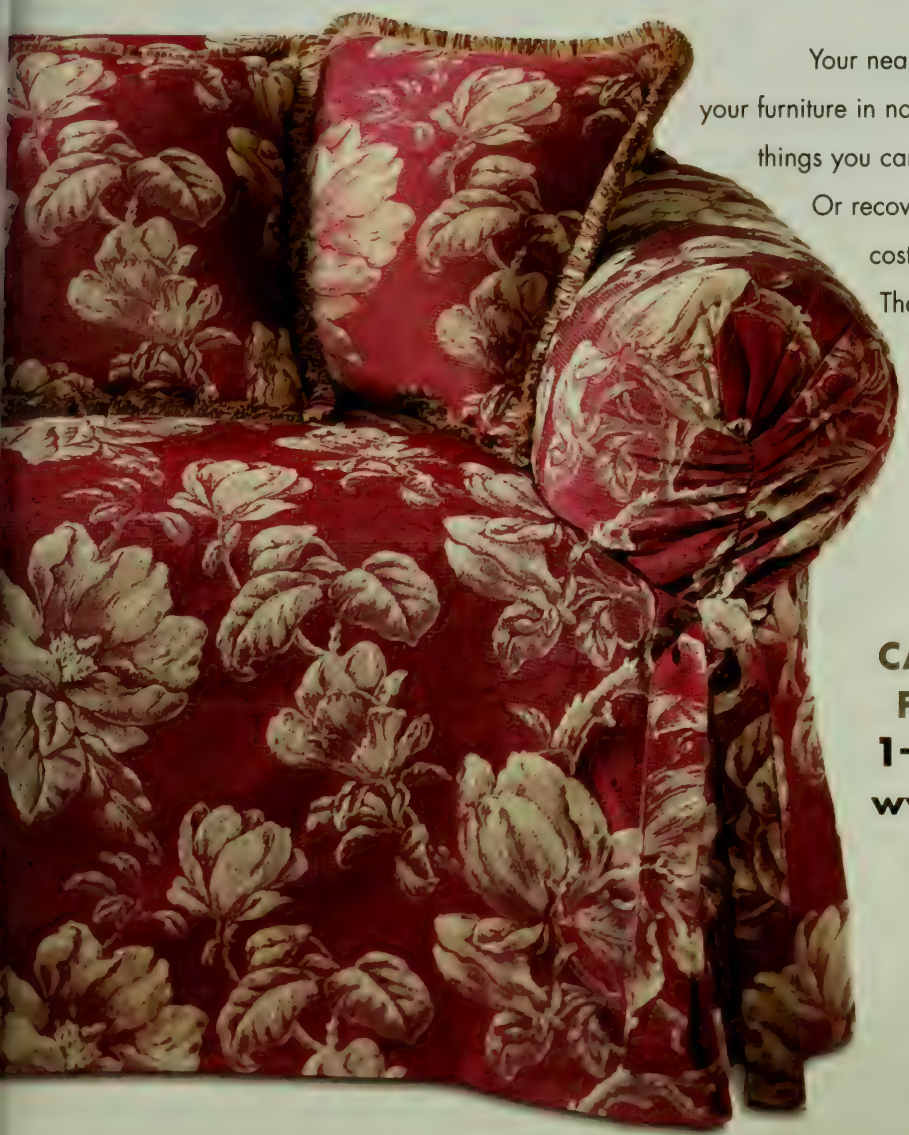


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The snacking stainer

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A tall ottoman (*left*) makes for handy extra seating. But you want to be able to tuck it aside easily, so choose a narrow one. Group several fun shapes, such as this cylinder, together.

You can make a style statement with an ottoman like this one (*below*), which has strong traditional features. Tufting pulls the fabric taut on the surface, so it's firm for holding the newspaper as well as a tray of food.

ottomans



After a hard day of conquest in the 1300s, Turkish armies of the Ottoman Empire probably liked nothing better than relaxing on their low, armless sofas. Centuries later, Victorian English seized this design for themselves. The ottoman had arrived, and it has evolved into a multitasking partner for living room upholstery. Ottomans rest feet, offer extra seating, and stand in as coffee tables. Now make your own history by capturing one for yourself.

continued on page 58

by Joseph Boehm
and Sarah Egge

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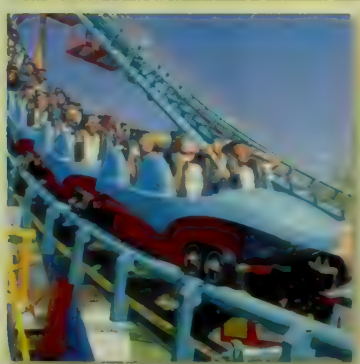
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What's in Store

continued from page 56



For a style chameleon that's at home in any surrounding, choose a petite ottoman made from a neutral material, such as wicker (*left*). On tiptoes, this one rises to footrest height. The indentation in the top cups heels comfortably.

Match the ottoman to the needs you have. For slipping into shoes or donning panty hose, you'll want to perch on an ottoman with a benchlike, rectangular seat. Long legs bring this one (*below*) up to seat-height and give it unmistakably feminine good looks.



continued on page 60



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continued from page 58

Capable of exhibiting high style in a small package, ottomans are available in a variety of unusual forms. These diamond-shape ottomans (*below*) are one example. Show off one, or merge two for a surface that's broad enough to hold drinks and snacks.

All things being equal, you can upholster your ottoman in any fabric that suits your family's style. If you have kids and pets, leather (*right*) makes a durable, easily cleaned covering. It also creates a bomber-jacket appeal that suits casual living spaces.

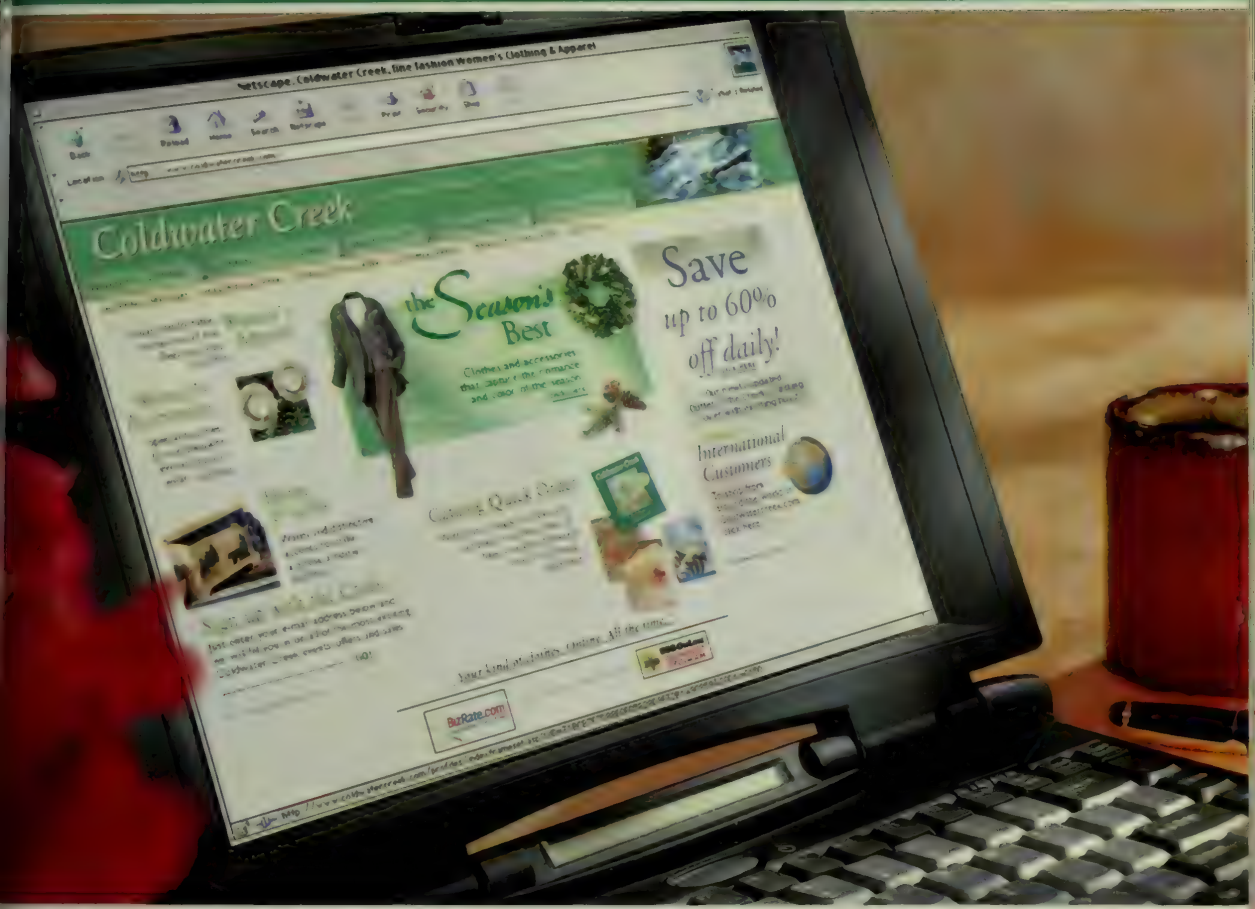




continued on page 62

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What's in Store

continued from page 60



Who says you can't take it with you? Small and lightweight with two grab bars, this ottoman (*left*) goes anywhere you need a versatile bench/footrest—like inside the back door for putting on your boots.



Achieve optimal lounging outdoors with a long ottoman (*left*) that handles stretched-out legs. Choose weather-wise materials, from the resin-wicker skirting to the water-resistant cushion cover. Specify casters so you can chase the rays.

Better than a summit meeting at Camp David, a big, cushy ottoman (*right*) brings together the whole family. Choose one that's almost as wide as your sofa, and group your seating pieces around it. A textural upholstery fabric with subtle pattern will hide spills and stand up to wear and tear. Add a bowl of popcorn, and the feet might stay forever.

Buying information, page 86



Springmaid



Gracie, looking like one smart cookie in her new oven mitts.

Wal-Mart customers like Gracie are finding the latest fashion looks from Springmaid in the home section at Wal-Mart. Beautifully coordinated table linens, oven mitts, kitchen towels and rugs in delicious new patterns and colors to mix and match. All served up at Wal-Mart's Every Day Low Prices.

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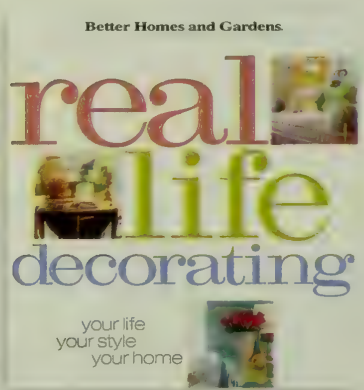


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Duplicate the **Garden Lattice Backsplash** shown in *Style in the Making*® (on *page 22* and *above*) with an easy-to-use stencil. Each package ordered contains two 18-inch precut plastic stencils—a one-part diagonal lattice design identical to the one we used on our project and a **bonus** two-part vertical-and-horizontal lattice design. From Plaid Enterprises, the cost of the stencil pack is $23.95, which includes shipping, handling, and applicable sales tax.

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scopolamine 1.5 mg

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Programmed to deliver *in vivo* approximately 1.0 mg of sc[illegible] over 3 days

Brief Summary
(For full prescribing information, see package insert)

INDICATIONS AND USAGE: Transderm Scōp is indicated for pr[illegible] nausea and vomiting associated with motion sickness in adults. [illegible] should be applied only to skin in the postauricular area.

CONTRAINDICATIONS: Transderm Scōp is specifically contra[illegible] persons who are hypersensitive to the drug scopolamine or [illegible] belladonna alkaloids, or to any ingredient or component in the for[illegible] delivery system, or in patients with angle-closure (narrow angle[illegible]

WARNINGS: Transderm Scōp should not be used in children an[illegible] used with special caution in the elderly. See PRECAUTIONS.

Since drowsiness, disorientation, and confusion may occ[illegible] use of scopolamine, patients should be warned of the possibilit[illegible] tioned against engaging in activities that require mental alertne[illegible] driving a motor vehicle or operating dangerous machinery.

Potentially alarming idiosyncratic reactions may occur w[illegible] therapeutic doses of scopolamine.

PRECAUTIONS

General: Scopolamine should be used with caution in patients w[illegible] obstruction, or urinary bladder neck obstruction. Caution shoul[illegible] cised when administering an antiemetic or antimuscarinic drug [illegible] suspected of having intestinal obstruction.

Transderm Scōp should be used with special caution in the [illegible] in individuals with impaired metabolic, liver, or kidney functions, [illegible] the increased likelihood of CNS effects.

Caution should be exercised in patients with a history of seizu[illegible] or chosis, since scopolamine can potentially aggravate both disord[illegible]

Information for Patients: Since scopolamine can cause tempora[illegible] of the pupils and blurred vision if it comes in contact with the eye[illegible] should be strongly advised to wash their hands thoroughly with [illegible] water immediately after handling the patch. In addition, it is impo[illegible] used patches be disposed of properly to avoid contact with childre[illegible]

Patients should be advised to remove the patch immediately [illegible] tact a physician in the unlikely event that they experience sym[illegible] acute narrow-angle glaucoma (pain in and reddening of the eye[illegible] panied by dilated pupils). Patients should also be instructed to re[illegible] patch if they develop any difficulties in urinating.

Patients should be warned against driving a motor vehicle or [illegible] dangerous machinery while wearing the patch. Patients who [illegible] these activities should also be aware of the possibility of withdraw[illegible] toms when the patch is removed. Patients who expect to part[illegible] underwater sports should be cautioned regarding the potentially [illegible] ing effects of scopolamine. A patient brochure is available.

Drug Interactions: Scopolamine should be used with care in[illegible] taking drugs, including alcohol, capable of causing CNS effects[illegible] attention should be given to drugs having anticholinergic p[illegible] e.g., belladonna alkaloids, antihistamines (including meclizine), [illegible] depressants.

Carcinogenesis, Mutagenesis, Impairment of Fertility: No l[illegible] studies in animals have been performed to evaluate carcinogenic [illegible] Fertility studies were performed in female rats and revealed no ev[illegible] impaired fertility or harm to the fetus due to scopolamine hydro[illegible] administered by daily subcutaneous injection. In the highest-do[illegible] (plasma level approximately 500 times the level achieved in huma[illegible] a transdermal system), reduced maternal body weights were obs[illegible]

Pregnancy Category C: Teratogenic studies were performed in [illegible] rats and rabbits with scopolamine hydrobromide administered [illegible] intravenous injection. No adverse effects were recorded in the [illegible] rabbits, the highest dose (plasma level approximately 100 times [illegible] achieved in humans using a transdermal system) of drug adm[illegible] had a marginal embryotoxic effect. Transderm Scōp should [illegible] during pregnancy only if the anticipated benefit justifies the potenti[illegible] the fetus.

Nursing Mothers: It is not known whether scopolamine is [illegible] in human milk. Because many drugs are excreted in huma[illegible] caution should be exercised when Transderm Scōp is administe[illegible] nursing woman.

Pediatric Use: Children are particularly susceptible to the side [illegible] belladonna alkaloids. Transderm Scōp should not be used in [illegible] because it is not known whether this system will release an am[illegible] scopolamine that could produce serious adverse effects in children.

ADVERSE REACTIONS: The most frequent adverse reaction to Tra[illegible] Scōp is dryness of the mouth. This occurs in about two thirds of t[illegible] ple. A less frequent adverse reaction is drowsiness, which occurs [illegible] than one sixth of the people. Transient impairment of eye accomm[illegible] including blurred vision and dilation of the pupils, is also observed.

The following adverse reactions have also been reported on int[illegible] occasions during the use of Transderm Scōp: disorientation; memo[illegible] turbances; dizziness; restlessness; hallucinations; confusion; difficu[illegible] nating; rashes and erythema; acute narrow-angle glaucoma; and dr[illegible] or red eyes.

Drug Withdrawal: Symptoms including dizziness, nausea, vo[illegible] headache, and disturbances of equilibrium have been reported i[illegible] patients following discontinuation of the use of the Transderm Scōp [illegible] These symptoms have occurred most often in patients who have u[illegible] system for more than three days.

OVERDOSAGE: Overdosage with scopolamine may cause disorien[illegible] memory disturbances, dizziness, restlessness, hallucinations, con[illegible] psychosis, convulsions, bronchospasm and respiratory depressio[illegible] muscular weakness. Should these symptoms occur, the Transderm [illegible] patch should be removed immediately, adequate hydration should be [illegible] tained, and appropriate symptomatic treatment initiated.

CAUTION: Federal law prohibits dispensing without prescription.

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Not for children or those with glaucoma, difficulty in urinating, or an allergy to scopolamine or other belladonna alkaloids. In clinical studies, some side effects were noted, including blurred vision, dryness of the mouth (in two-thirds of users) and drowsiness (reported incidence less than 1 in 6). While using this product, you should not drive, operate dangerous machinery or do other things that require alertness. Avoid using alcohol. If you are elderly, your physician should exercise special care in prescribing this product. See adjoining page for additional information on potential adverse reactions or side effects.
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by Jame
A. Hufna

With steps to
yard from thre
sides, the new
porch (*left*)
serves as
a gazebo that
invites folks to
a spell. Its styl
mimics a porc
on the front of
the house; the
roof incorporat
a 5-foot-square
skylight.

The door from
the porch open
to a mudroom
(*below*) that
captures mudd
shoes, sports
equipment, an
much more.

Bringing Up the Rear

A porch with a practical plus

Chances are pretty good that your home's back or side door sees a lot more in-and-out traffic than the front entry—and too often all that traffic traipses directly through the kitchen or main living area. A mudroom stops everyone in their tracks, at least long enough to shed muddy footwear, wet coats, and other messy stuff that need go no farther.

Ginny and Michael George decided they wanted to add a porch to the rear of their Craftsman-style home; while they were at it, they incorporated a mudroom into the 9×14-foot addition. The mudroom serves as an air lock, and a loading and unloading dock.

continued on page 70




I will do cartwheels and make snow angels.
I will make a date with my husband.
I will watch less T.V.
I will write down everything she says.
I will have my tattoo removed.
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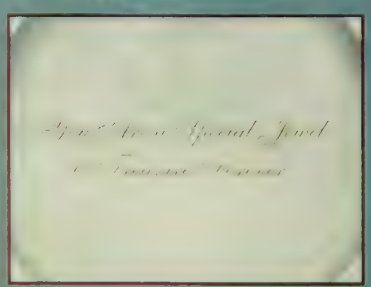
Wind beneath my wings

Let this uplifting melody inspire you



Inscribed inside the lid is a message that lasts a lifetime for a

- *daughter*
- *mother*
- *sister*
- *friend*
- *granddaughter*
- *grandmother*



It takes an artist of rare talent and insight to captu the beauty and grace of butterflies as well as a sens of the freedom they inspire. Now the supremely gifted artist Lena Liu achieves both in her "Flights Fancy" *Heirloom Porcelain* music box, exclusively from Ardleigh Elliott. "Flights of Fancy" enchants the eye with its graceful fluted shape and Lena Liu delicate watercolor artwork, depicting ivory dogwo blossoms and garnet-hued raspberries surrounding two spectacular Red-spotted Purples.

Crafted of lustrous *Heirloom Porcelain* lavished with 22K gold, it plays the inspiring melody of "Wi Beneath My Wings." On the lid rests a delicate, mul hued sculptural porcelain butterfly, its wings duste with intricate golden highlights. Two sparkling Swarovski crystals, eight faux sapphires and gold-o gold band beading add jeweled elegance.

Urgent Note: Given the time-intensive crafting at 95 firing days for this limited-edition presentation, demand could quickly exceed availability. So order now, and be one of the select group to get this musi box at only $29.95 (plus shipping), backed by our 365-day guarantee. *Your prompt response is critica* Send no money now. Just complete and mail the coupon.

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Shown actual size of about 3¼ inches wide.

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Bringing Up the Rear

continued from page 66

A multipurpose mudroom

Located between their kitchen and an entry from the driveway and garage, Joanne and Earnest Tucker's mudroom packs laundry facilities; a long counter; ironing, sewing, and hobby centers; and even a doggy shower into a 10×15-foot area. Pocket doors can be closed to shut off hubbub here from the kitchen and main living spaces.

The laundry side (*below*) features a washer and dryer, a treatment sink, two big windows, and abundant storage. The shallow pet washing basin's low faucets also come in handy for filling buckets or rinsing mops. And a retractable rod above the basin hangs clothes to drip-dry. continued on page 72



Splish splash: The Tuckers' adorable cocker spaniel enjoys (or at least tolerates) a bath in the mudroom's spacious janitor's sink (*above* and *below*). It's also a great place to rinse muddy shoes and drain wet boots.

Ceramic tile and crisp white laminate surfaces wipe off in a jiffy. Three-inch-wide quarter-sawn oak flooring matches floors in the rest of the house.



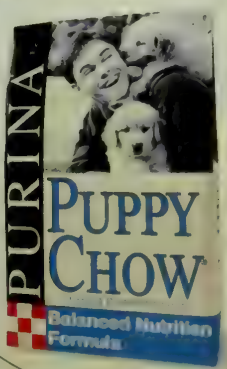


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Bringing Up the Rear

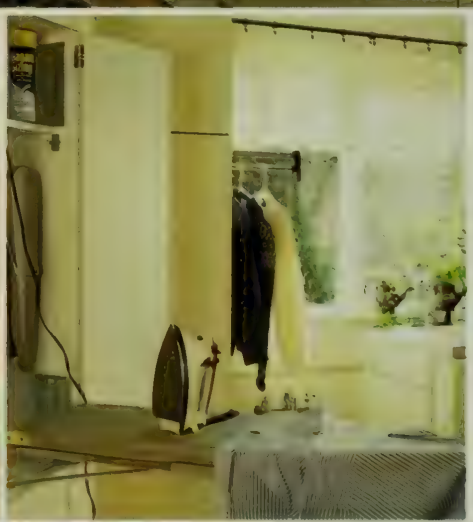
continued from page 70

On the opposite side of the Tuckers' spacious mudroom, banks of white-clad cabinetry (*right*) stash clutter out of sight. One cabinet even catches laundry sent down a chute from upstairs.

Under the ample countertop, a customized bin (*below*) organizes paper, ribbons, boxes, and other gift-wrapping gear into one convenient spot.







Ironing boards, full-size and sleeve-size, drop out of a vertical cabinet on the laundry side of the room (*left*). The cabinet also accommodates an iron and an electrical outlet for it. Pressed garments hang on the pull-out rods to the right.

An avid sewer, Joanne insisted that the full-service mudroom include a sewing center (*below left*). Here she has a pull-out shelf that holds her machine, plus open shelves above for storing threads, needles, and salvaged fabric swatches. The sewing shelf is just the right height for her to pull up a stool and begin work. When finished, Joanne easily tucks her handiwork away, keeping the countertop clear.



continued on page 74


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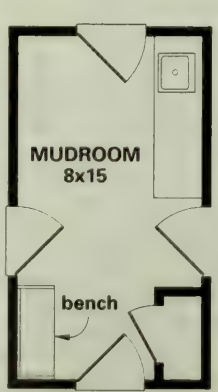




The Fersch family's 8x15-foot mudroom (*above*) serves as a transition space from a back deck into the kitchen.

Boots, umbrellas, raincoats, and other soggy stuff go into a closet (*top right*) that includes a floor drain. The closet's louvered door lets air circulate.

After school, son Matt parks his book bag on the boot bench (*bottom right*) and laces on his in-line skates.



Wipe your feet, please

Effective mudrooms include two doormats—one outside and another just inside the door for one last scraping. It's also a good idea to include a spot, preferably with a floor drain, where family members can deposit wet shoes and boots.

Debbie and Bob Fersch's mudroom includes dual mats and a drain, along with easy-to-mop tile flooring, and a bench where family members can pull off footwear. High pegs around the room hold coats and hats. On one wall, a potting bench incorporates a big sink. Since the mudroom adjoins the kitchen, this sink offers a convenient place to scrub roasting pans and other large cookware.

Buying information, page 86


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His-and-Her Closets



Gaining ample storage is more a matter of strategy than financial outlay. Do you need to add a closet? Could you make the closets you already have work harder by reorganizing them? Here are examples of both approaches.

For Christi and Tim Saltonstall, the answer was to divide and conquer storage in their Rancho Santa Fe, California, master suite. Interior designer Dawn Sullivan remodeled their original walk-in closet (*above*) exclusively for Christi, then created new closets for Tim (see *page 78*). Christi's closet features cedar paneling; abundant storage for shoes, sweaters, and hanging items; and two built-in dressers.

continued on page 78

Designer Dawn Sullivan invento ried Christi Saltonstall's wardrobe, then tailored spaces for each item. Some drawers (*left*) lock to protect valuable Hampers help presort laundry.

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His-and-Her Closets

continued from page 76

Open shelving in Tim Saltonstall's closets includes shoe cubbies that hide behind the middle jambs (*below*). Tim can gain access from either closet.

The two shallow closets, shown in the plan (*below right*), doubled the amount of storage area in the master suite.



For Tim, Dawn annexed space from an adjacent room t create a pair of closets, each hidden behind raised-panel Frenc doors that blend with the master suite's traditional decor. Th side-by-side configuration serves as an organizing device: Th left side holds informal clothes, with cubbies for sweaters, spo shirts, underwear, and socks; the right compartment stows dres shirts, jackets, and slacks. Dawn put the doors to work, too, wit racks for belts and ties, and a full-length mirror.

continued on page 8





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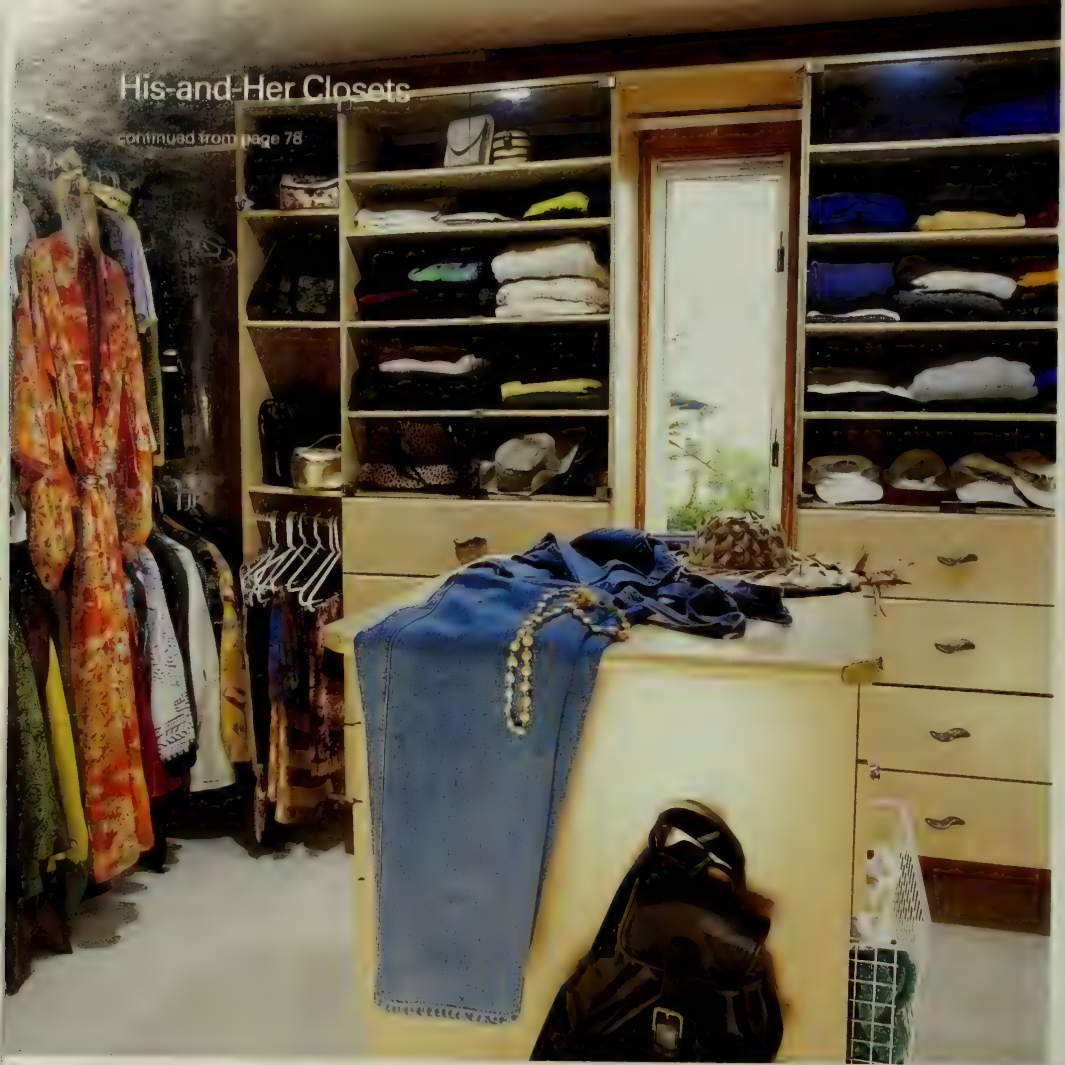
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His-and-Her Closets

continued from page 78



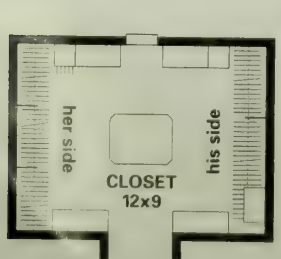
A narrow existin window (*left*) provides natural light, ventilation, and a view of the Pacific. Built-ins on either side of the window hold Andy and Tina Rathbone's clothes.

Hampers in the center console (*below*) capture items destined for the laundry.

Tina and Andy Rathbone purchased their contemporary ocean-view home in San Diego, California, for its great location and well-planned spaces. But the master suite's walk-in closet fell short of their needs for customized wardrobe storage—so they called on a local closet/storage design company to reorganize and "stretch" the 9×12-foot space.

The centerpiece of the redesign is a multipurpose island that

continued on page 84

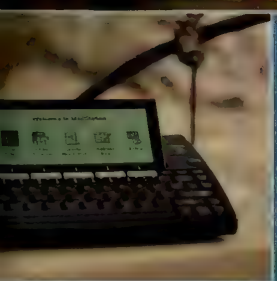






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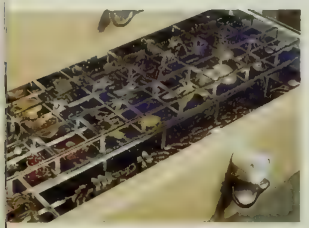
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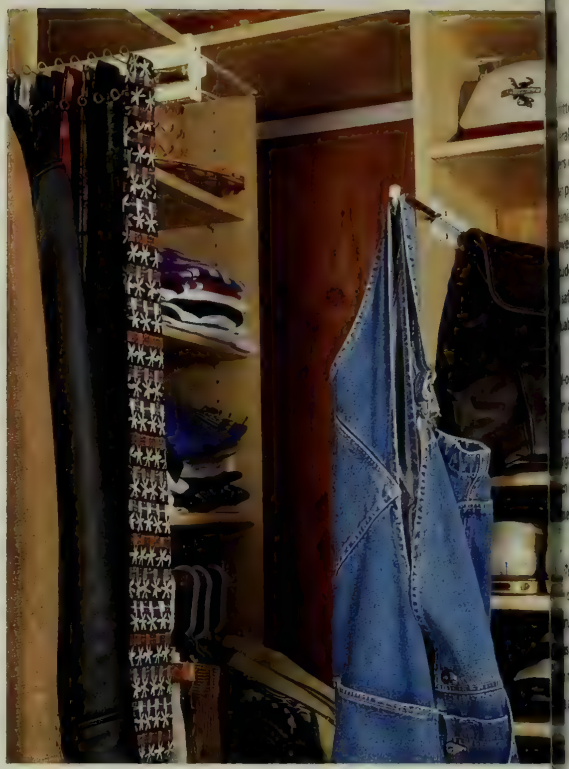
His-and-Her Closets

continued from page 82



divides the closet into a side for him and a side for her; the island provides each with ample drawer storage, and is topped off with a counter where Andy and Tina can fold clothes or lay them out while dressing. To give the closet a roomlike feel, the couple chose a warm, wood-tone laminate for the island and the shelving, then added more character to the drawers with polished metal pulls they found at a local hardware store.

Buying information, page 86



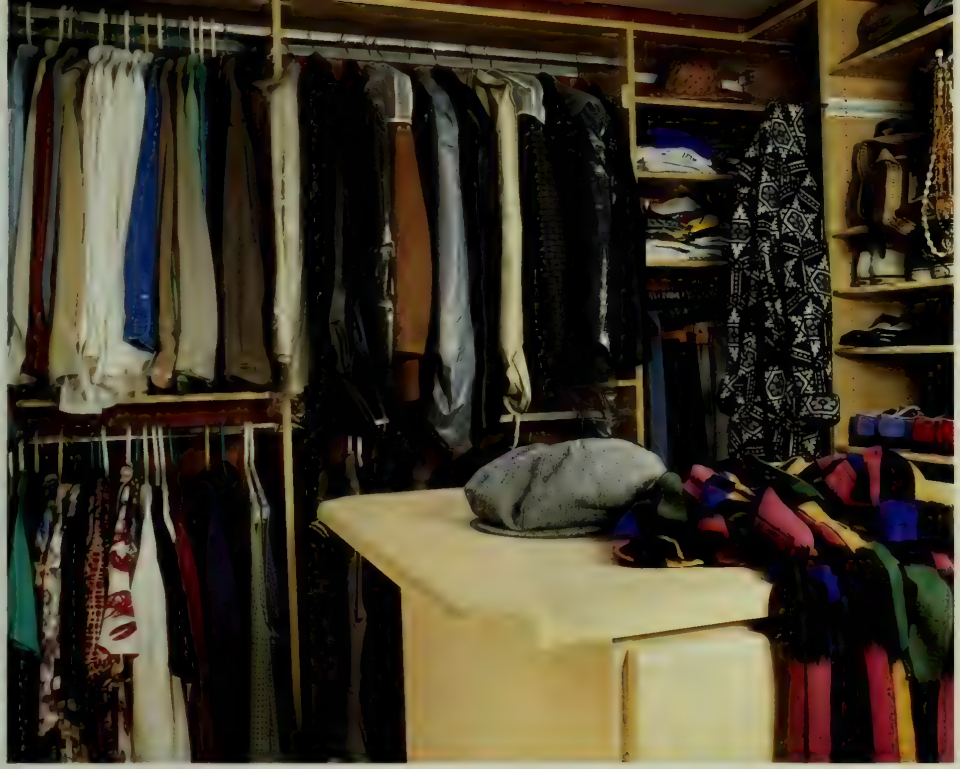


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buying guide

Some of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below. All other items not listed are antique, personal belongings, or discontinued items.

Backsplashes
Page 18: chalkboard paints—Crayola Paint; can be purchased at your local craft or hardware store. **High gloss trim paint,** 825 (Blue)—Benjamin Moore; for a dealer near you call 800/826-2623; www.benjaminmoore.com
Page 20: corkboard—available at hardware and building supply stores.
Page 22: lattice stencil—Plaid Enterprises; 800/842-4197; www.plaidonline.com. **Green paint,** 431, semigloss—Benjamin Moore; for a dealer near you call 800/826-2623; www.benjaminmoore.com.

Family Libraries
Page 24: basket, similar items available—Pier 1 Imports; for a store near you call 800/447-4371.
Page 26: magazine files—IKEA Home furnishings; 800/434-4532. Chair—The Mitchell Gold Co.; for a retailer near you call 800/789-5401; www.mitchellgold.com. Afghan—Dakotah Inc.; 800/325-6824.
Page 30: rolling cart—Pier 1 Imports; 800/447-4371.
Page 32: magazine files—Target Stores; 800/800-8000. **Lamp and chair**—Crate & Barrel; for a catalog call 800/323-5461.
Page 34: bedding, similar styles available—Company Store; 800/285-3696. **Shell book,** "The World of Seashells," by Patrick Hook—Gramercy Books, a div. of Random House Value Publishing, Inc., 201 East 50th St., New York, NY 10022.

Day Into Night Rooms
Page 36: headboard, 75092 (White)—Crate & Barrel; for a catalog call 800/323-5461; www.crateandbarrel.com. **Floral fabric for throw pillow and duvet,** Dora Sky; check fabric on chair and duvet, Dunwoody (Sky); **armless chair,** 5004—Lee Industries; 800/892-7150; www.leeindustries.com. **Beadboard on walls,** for similar styles—Georgia Pacific; 800/284-5347; www.gp.com.
Page 38: fabric for curtains, Leaves—Calico Corners; for a catalog call 800/213-6366; www.calicocorners.com.
Page 40: shutters on closet doors—Smith + Noble; for a catalog call 800/765-7776. **Computer equipment**—Best Buy; wwwbestbuy.com. **Computer armoire,** 6640-295 (Espresso)—Sauder; for a dealer call 973/744-8435; www.sauder.com. **Sleeper chairs,** 73015, 6040-32; Ottoman, 73011, 6040-32—Action Ind., The Lane Co.; for a dealer call 800/831-1303. **Ledge above chair,** 10-1334598 (natural)—Hold Everything; for a catalog call 800/421-2264.
Page 42: swing arm wall lamp, 52-3476488—Pottery Barn; for a catalog call 800/922-5507; www.potterybarn .com. **Bed linens,** 52-213596; **quilt,** 52-2136158; **flower slippers,** 52-3601135—Pottery Barn; for a catalog call 800/922-5507; www.potterybarn. com. **Trundle bed with storage, nightstand**—Stanley Furniture; 540/627-2200; or see their Web site at www.stanleyfurniture.com.

Ottomans
Page 56 (*top*): ottoman, "Otis"—Mitchell Gold; for a retailer near you call 800/789-5401; www.mitchellgold.com. **(*Bottom*): purple ottoman**—Norwalk Furniture; 800/837-2565; www.norwalkfurnitureidea.com.
Page 58 (*top*): Plantation ottoman—Palecek; P.O. Box 225, Richmond, CA 94808; 800/274-7730. **(*Bottom*): seat height ottoman,** 750—Swedish Blonde; 800/274-9096.
Page 60 (*top*): leather ottoman—Vanguard Furniture; 828/328-5631, ext. 256; www.veryvanguard.com. **(Bottom): blue diamond ottomans,** 176-00—Thayer Coggin, P.O. Box 5867, High Point, NC 27262; 336/841-6000; www.thayercoggin.com.
Page 62 (*top*): bench—Sturbridge Yankee Workshop; for a catalog call 207/774-9045. **(*Center*): chaise ottoman and cushion**—Lloyd Flanders; for more information call 800/762-3725. **(*Bottom*): storage ottoman**—Broyhill Furniture Ind.; for a dealer near you call 800/327-6944; www.broyhillfurn.com.

Bringing Up The Rear
Page 66: porch chairs, rug—Crate and Barrel; for store locations call 800/451-8217. **Exterior lights**—Arroyo Crafts man Lighting, Inc., 4509 Little John St., Baldwin Park, CA 91706; 818/960-9411. **Quilt pillows**—personal collection **Custom trim paint** (Moore Glow)—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com. **Exterio shingle oil stain, semi transparent**—Samuel Cabot, Inc 100 Hale St., Newburyport, MA 01950; 800/877-8246.
Page 70: custom cabinets—Finest City Cabinets, 33 Trousdale Dr., Chula Vista, CA 91910; 619/585-0202. **Lami nate countertop**—Wilsonart International, 2400 Wilson Pl Temple, TX 76503; 800/710-8846. **Hardware**—Dixielin Home Centers, 663 Lomas Santa Fe Dr., Solana Beach, CA 92075; 858/755-0246. **Faucet**—Moen, Inc., 25 Al Moen Dr., North Olmstead, OH 44070-8022; 800/553-6636. **Area rug**— Ethan Allen, Inc.; for store locations call 800/743-8272 **Washer**—Kenmore/Sears; for store locations call 888/536 6673; www.sears.com . **Dryer**—Maytag, 403 W. Fourth St. N, Newton, IA 50208; 800/688-9900. **Windows**—Kolbe & Kolbe Millwork Co., Inc., 1323 S. 11th Ave., Wausau, WI 54401-5988; 800/955-8177. **Tile,** 4-inch (Mountain Linen) **accent tile,** 1-inch (Taupe Mist)—American Olean Tile 888/268-8453. **Paint** (Swiss Coffee)—Frazee Paint & Wall covering, Marketing Dept., 6625 Miramar Rd., San Diego, CA 92121; 619/276-9500.
Page 72: ironing board mechanism—Iron-A-Way, Inc., 220 W. Jackson Dr., Morton, IL 61550; 309/255-7232. **Stool**— IKEA Home Furnishings; 800/434-4532.
Page 74: cabinets—Ayr Cabinet Co., 1074 Hwy. 6, Nappanee, IN 46550; 219/773-7973. **Laminate countertop**— Formica Corp., 10155 Reading Rd., Cincinnati, OH 43017-6422; 800/367-6422. **Flooring**—American Olean Tile 888/268-8453. **Rug**—Bed Bath & Beyond; 800/462 3966. **Custom bench**—Fersch & Co., Inc., 5760 Fall Creek Pkwy N. Dr., Indianapolis, IN 46220; 317/466-1111. **Paint** (Black)— Duron Paints & Wallcoverings, 10406 Tucker St., Beltsville, MD 20705; 800/723-8766.

His-and-Hers Closets
Pages 76-78: plaid rug—Pier 1 Imports; 800/447-4371; www.pier1.com. **Custom cabinets, pull-out wire bas kets**—Trademark Custom Woodwork, 11675 Sorrento Valley Rd., Ste. M, San Diego, CA 92121; 858/792-5363. **Cabinet hardware**—Western Wholesale Appliances, 1203 Simpson Way, Escondido, CA 92029.
Pages 82-85: closet designer, pull-out wire baskets—California Closets, 7550 Miramar Rd., Ste. 300, San Diego,

continued on page 98



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Off to Work We Go

by Kellye Carter

Are School-to-Work Programs right for your child?

By the end of her sophomore year in high school, Morgan Wilson will choose a career. Then, for the next two years, the teenager will take a series of classes exploring that career area.

For Morgan and many young people today, the venerable childhood question "What do you want to be when you grow up?" is taking on unprecedented importance, thanks to the federally funded School-to-Work Opportunities Act of 1994. Act-initiated programs, scheduled to be locally funded by October 2001, strive to better prepare students for the workplace through specific coursework, career fairs, mentoring, job shadowing, and internships, among many other activities. But these School-to-Work activities vary widel even within states. In some high school School-to-Work is treated as an elective clas much like foreign language or art. Parent decide whether their child participates. In othe districts, though, completing a work-readines program is as essential to high school gradua tion as passing English and science. Parent who object often have little recourse beyon talking to administrators and the school boar

Morgan and other high school freshmen thi year make up the first class in Queen Anne County, Maryland, that is required to com plete two years of classes focused on one o five broad career categories, such as busines management or health and human services.

Mark Wilson, Morgan's father, says such programs may help some students bu shouldn't be required for all.

"How many kids know what they want t do when they are a sophomore in college let alone at age 15 or 16?" says Wilson, research fellow at the Heritage Foundation a conservative think tank in Washington D.C., and also a former senior economis at the U.S. Department of Labor. "Once you start doing that, kids begin thinking in one way, and they put blinders on t other possibilities."

Supporters say that's one of the many misconceptions about work programs.

"School-to-Work is not about pigeon-holing kids into jobs. It is really about opening up opportunities to them," says Ivan Charner, vice president and director of the National Institute for Work and Learning at the Academy for Educational Development, a nonprofit organization in Washington, D.C., seeking social change.

Also, propronents claim that with little or no career guidance, young people often develop unrealistic expectations about jobs. Business leaders complain that students often

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Off to Work We Go

continued from page 88

lack even the basic skills needed to compete in today's fast-paced work environment.

In response, some communities now offer School-to-Work beginning as early as kindergarten, where children learn "employability skills," such as the importance of attendance, teamwork, and responsibility. Few parents, including Mark Wilson, quibble with such lessons or an occasional career day.

But Wilson worries that when teacher start squeezing more job-oriented lessons into regular classes, something else must give. Last year his daughter's eighth-grade English teacher had to fit in career lessons, which took time that Wilson thinks would have been better spent on topics such as grammar or literature.



The program, he feels, dilutes academic standards by inserting vocational material in the coursework, taking away students' and parents' free choice. "If we focus on a well-rounded, rigorous education, these kids will be prepared to do anything they want after high school," Wilson says.

"All kids need to be prepared both for careers and for further learning. These are not two ideas that compete against one another."

School-to-work programs, says Wilson, force students to make a career choice before they're ready. "Even worse is locking all high school students into career clusters because of some graduation requirement," Wilson says.

Others say the program can be a struggling student's saving grace. Parents, frustrated and worried about their children's disinterest in school, often see a turnaround when their children begin School-to-Work activities.

What's right for your child?

When a student chooses a career path, schools don't want them to make a rigid, life commitment, Charner says. Instead, the career pathway works more as a tool for students to see the connection between the "real world" and what they're asked to learn in school.

Charner says the importance of learning to write a good paragraph, for example, may make more sense to a student who has to write a company memo rather than a composition for the English teacher.

Parents whose children plan to enter t workforce right out of high school should ste their youngsters into School-to-Wo programs, if possible, says Stephen Hamilto a Cornell University professor of Huma Development. Their children will face th greatest challenges in the labor market, he say

Still, many educators, including Hamilto agree that quality School-to-Work progra benefit students of all academic abilities.

It's shortsighted for parents to think th their college-bound children don't need learn about work, says Hamilton. "Kids get college and it's hard, and they ask, 'Why am here? What is this doing for me?' " he say Hamilton believes a lack of directio contributes to the dropout rate.

Denise Staley of Jacksonville, Florida, grateful that her college-bound daughte Shayla, has the opportunity to work in huma resources. Shayla is an administrative assistan at Blue Cross and Blue Shield of Florid through a School-to-Work program.

"I thought it was a great thing for her to ge some experience in the business world befor she really gets in it," says Staley, whose daugh ter wants to enter law. "Every day since sh started, that's all she talks about. She's loving it.

Most teenagers work anyway, Hamilto adds. When done well, though, School-to Work offers a more enriching experience Students demonstrate through journals an projects what they're learning at work, whil someone at school monitors their progress "It's not just sending them off to the work place," he says.

Many parents appreciate it, too, that School to-Work programs can help their teenagers choose a major and concentrate their studies i college, says Robert Schwartz, a lecturer at the Harvard Graduate School of Education and a member of the National School to Work Advisory Council.

Schwartz and others say that in many communities, School-to-Work programs have taken a backseat to a movement to raise academic standards. Such efforts should include a good School-to-Work component, says Schwartz, who also is president of Achieve, Inc., an organization that helps states implement standards-based school reform.

"All kids need to be prepared both for careers and for further learning," Schwartz says. "These are not two ideas that compete against one another."



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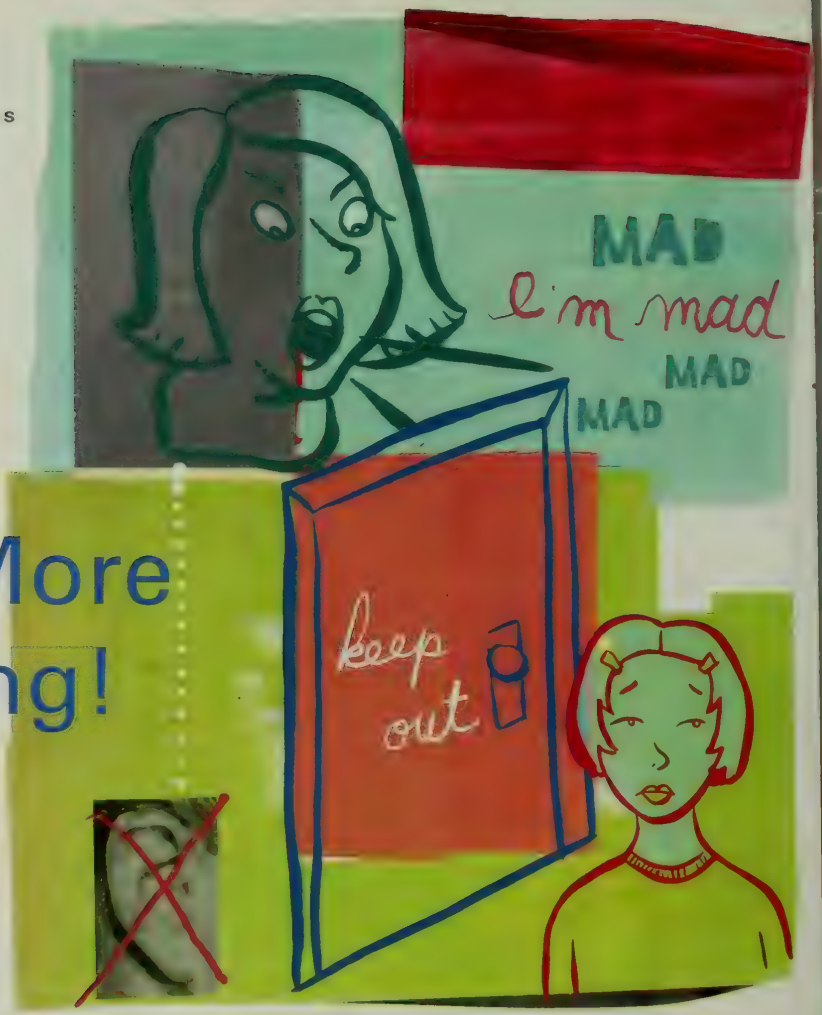
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by Caralee Adams



No More Yelling!

As conflict escalates between parents and children in the home, too often the volume gets turned up as well. But parents who resort to yelling—usually in a desperate attempt to get their child's attention or in response to some misbehavior—often find that not only are angry words upsetting, but also ineffective.

Indeed, says clinical psychologist Susan Heitler, "the more you yell, the less they hear. When you're yelling, the only message most children will take is, 'Oh, they're mad at me.' Kids are not listening to the content of what you're saying."

To avoid yelling and to resolve conflicts, experts recommend the following advice.

Recognize anger as a signal

It's okay to feel anger, but what counts is how you handle it. "Anger is not bad," says Dr. Lyndon Waugh, a clinical family psychiatrist in Atlanta. Instead, he says, it's a "signal" to resolve a prob lem. Once parents learn to work through conflict in healthy way, underlying issues can be aired—and bot parties can leave feeling better, not worse.

Elizabeth Pantley, a parenting educator in Kirklan Washington, and author of *Hidden Messages* (2000), say "controlled anger," in which you are annoyed but rationa can be helpful if it is directed appropriately—for instanc to stop your child from running toward the street.

But when anger becomes furious or frantic, it can b hurtful. "At these times, we no longer act. Instead, w react," Pantley says. Parents should avoid generalization There is danger in saying "You never..." or "You always... rather than focusing on the issue.

The impact of yelling depends on a child's temperament says Dr. Waugh, author of *Tired of Yelling* (1999). "If chil dren are on the easily anxious and sensitive side, som become very traumatized by yelling. They may withdraw become depressed or fearful of anger," he says. "Others learn by example and overexpress anger, becoming defensive."

continued on page 9



SADLY, ABOUT 7,400 KIDS END UP IN THE HOSPITAL EACH YEAR BECAUSE OF PROBLEMS DUE TO CHICKENPOX.[1*]

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References: 1.) CDC: Prevention of Varicella: Recommendations of the Advisory Committee on Immunization Practices (ACIP). MMWR *45 (RR-11)*: 1-36, July 12, 1996. 2.) Conrad, D.A.: New and Improved Vaccines. Postgraduate Medicine (Vaccines): 114, October, 1996.
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No More Yelling!

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Set an example

Parents need to take responsibility for their own inappropriate angry behavior, rather than excusing it by blaming it on the misbehavior of their children. For instance, when a child yells at a parent, the parent may feel justified in shouting back. But it is the parent who has to set the good example.

While Dr. Waugh says children should respect their parent's authority, kids don't need to be afraid of their parents to respect them. "Parents need to out-mature, not out-power" their children, he says.

A parent also needs to teach, not just control. "Make a deliberate decision about whether something is worthy of a confrontation," he says. Think about what things are enforceable and important—not because it matters to the parent, but because it's important for the child to learn. As kids enter their teens, parents must accept that they don't have as much control and that they need to tolerate differences.

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Get kids to cooperate

If you can identify situations that repeatedly invite anger, you can be more effective. "The best antidote to anger is usually prevention," says Heitler of Denver, author of *The Power of Two* (1997), a book about marriage.

Make sure routines are clear. When rituals are practiced, they become habits. "If (kids) are acting in a way that is bothersome, the best assumption is that there is a problem in the system, not the kids," says Heitler.

For example, if it is the child's job to help clear the table after dinner, but he or she fails to do it for several nights, parents might be tempted to lose their temper and yell. Instead, call the child in for some one-on-one time, and talk in a calm voice, suggests Heitler.

Don't focus on the child. Rather, talk about the problem: dishes being left on the table. Then, practice getting up from the table and putting away the dishes. Do this as many as three times. You've shown how to do it correctly and set up positive goals, so the child can feel like an achiever. Don't let misbehavior continue too long. For instance, if your child plays with food, immediately clarify that food is for eating, not playing.

Speak firmly, not loudly. "If you are brief and specific, they are more likely to hear you and respond," Pantley says. And choose your words carefully, so there is no ambiguity. For example, say, "Please put away the blocks." Don't say, "It would be nice if you'd put away the blocks."

When parents repeat themselves with no follow-up, the words lose their meaning. "When you say it, mean it the first time," says Pantley. If you only mean it when you are red in the face and yelling, kids will assume they can ignore you up to that point. Instead, Pantley advises parents to think, warn, and act. Develop a system of consequences.

Stave off outbursts

What if, despite your best efforts at prevention, you still feel you are about to lose your temper? Dr. Waugh suggests rating your anger on a scale of one to 10. If it's just a one or a two, simply let go of the anger. But if the anger is at an eight, nine, or 10, it's almost impossible to do a good job at resolving the conflict until you calm down. When you start to feel rage, exit the situation. The same principle applies to teaching your children to manage anger. When they have an outburst, remove them from the scene. Or, for instance, if a toy is being fought over, take away the toy.

Amy Bonomo, a 38-year-old mother from Boca Raton, Florida, had to model restraint in order to teach her son to handle his anger appropriately. Sometimes when told he couldn't watch television, he would yell and punch her. Amy learned to manage her own anger by walking away, breathing deeply, and, later, talking through the issue with her son. "I'd step away and say I needed my space," she says.

Is yelling ever justified? Dr. Waugh says if yelling is rare, if it's more firm than demeaning, and if it denotes a very serious situation, then some kids might take you more seriously. "But it should be, indeed, rare," he says.

Get to the real problem

Parents may need to dig deeper to understand what's really going on with their children. Often the original triggering issue—how money is spent or who does the dishes—is not the driving force in an argument. Rather a person is angry because he or she feels ignored, for instance, or hurt.

Be an active listener, says Dr. Waugh. "If you are in a conflict, draw them out to see how they genuinely feel," he says.

Dr. Waugh suggests parents avoid an "evaluative atmosphere" in which kids feel constantly monitored, resulting in the kids becoming defensive. Smile, hug, give your kids high-fives, he says. "Praise comes naturally," Dr. Waugh says. "Relax and let it happen." ♦

by Laura O'Neil

Clearing the Air at Home



If your home was built after 1980, you probably have an airtight house. That's good because of the money-saving benefits you reap from the lower heating and cooling costs of an energy-efficient home. But along with keeping the good air in, there's a chance of trapping bad air in the form of pollutants and irritants. And for those who suffer from allergies and other breathing problems, fouled air can be an incubator for serious illness. Here's what you can do to clear the air inside and improve comfort.

- **Filtering your air is the simplest and most important step.** The American Lung Association (ALA) Health House Project and 3M Company report that replacing your high-efficiency furnace filter every two to three months and running the furnace fan continuously, regardless of the outdoor temperature, are helping to reduce levels of air pollution in homes. To do so, make sure the furnace thermostat is set to the "on," rather than the "auto," position. According to the ALA, 3M's Filtrete brand filters are particularly effective at removing particles. If you suffer from allergies, select the finest filter.
- **Weekly vacuuming also filters the air.** If you have allergies, consider vacuuming hard surface and carpeted areas more frequently. And don't stop at the floors. Use attachments to vacuum drapes, upholstered furniture, and mattresses. Vacuum cleaners with high-efficiency particulate air (HEPA) filters—and double-walled vacuum bags to remove the airborne allergen in the exhaust air—are effective at capturing fine particles. When vacuuming, keep windows open to flush out airborne dust, and wear a mask.
- **Keeping your home well ventilated brings relief at little energy cost.** Improve your home's air circulation by leaving inside doors open, installing vents in kitchens and bathrooms, and opening windows whenever possible.
- **Controlling moisture is a cinch if you're already ventilating.** Keep humidity in your home between 40 and 60 percent to prevent mold from growing and to minimize the dust mite population.

Did You Know

The EPA cites poo indoor air quali (IAQ) as the fourth largest environmenta threat; indoor air ma be two to 100 time worse than outdoor ai Americans spend 9 percent of their tim indoors, so IAQ matters

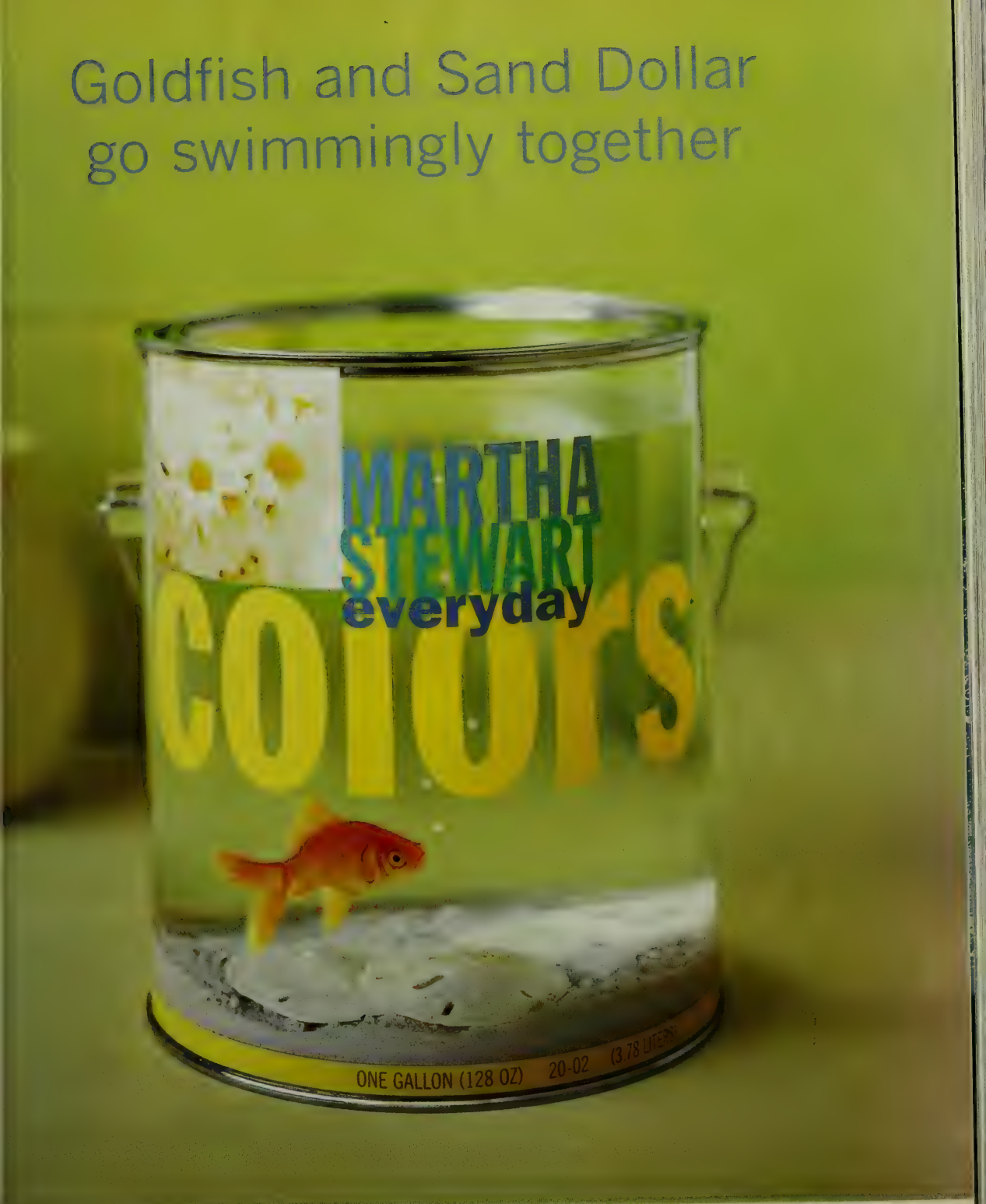
IDENTIFY IRRITANTS

- Biological allergens include molds dust mites, cockroaches, and pets If you can't part with your pet, get som relief by preventing your dog or cat's ac cess to carpeted areas and bedrooms
- Nonbiological sources include chem ical fumes and vapors, such as noxiou fumes from cleaning products an cigarette smoke. Beware of deadl pollutants as well. Test your home fo radon, and be sure to install carbon monoxide detectors near bedrooms.

PRACTICE PREVENTION

The debate continues on whethe switching from carpeting to a hard surface flooring will reduce allergic symptoms (www.carpet-rug.com). What does work? Simple changes in routine housecleaning can reduce allergies: leave shoes at the door, and remove dust and soil from all surfaces frequently. Visit www.asthmansw.org.au/people info/lowallergenhouse.htm.

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better by design

Small, powerful, and portable describe technologies today. Computers shrink ever smaller; hours of music fit into tiny digital players; and you can connect to the Internet with wireless phones and Net appliances. Take our tour for these and more tech wonders.

by Richard Sowienski





THE NISSAN MAXIMA. *There is a person who thought about the feel of the knobs. A person who pored over thousands of typefaces for the gauges before settling on the one that was easy to read in both day and night. There was even a person who scoured the globe in search of a special metal, whose heat-resistant properties would improve the Maxima's performance. (By the way, we found this special alloy in a jet aircraft engine.) In a word, no nut, bolt or swatch of leather was left unturned in our quest to make the Nissan Maxima the most trouble-free, most driver-friendly sedan ever to saunter down the left lane. A fact which didn't go unnoticed by the folks at* The New York Times, *who wrote, "...the 2000 Maxima has attention to detail that some luxury cars should imitate."* More details? Call: 800-235-8880. Or click: NissanDriven.com. The Nissan Maxima.* **CARS LIKE IT: 0**

**The New York Times*, January 2, 2000. Nissan, the Nissan Logo, DRIVEN and Nissan Model Name are Nissan trademarks. ©2000 Nissan North America, Inc.

PAINT PROCESS STEPS: 39

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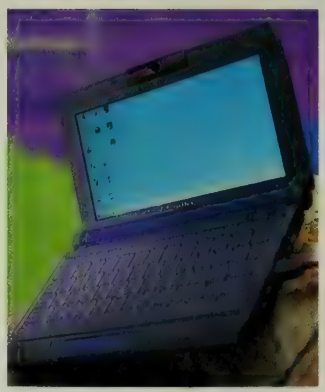


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better by design

continued from page Z3



Computers—from the laptop to the desktop—continue to give the heave-ho to heft. For the traveler, the Sony Vaio Picturebook and the Toshiba Portégé fall into the category of subnotebooks, also called ultraportables. Users appreciate the built-in keyboard, a screen bigger than those of the personal digital assistants (see *page Z7*), and large memory capacity. Additionally, ultraportables run the same software as your desktop system and often include CD or DVD drives.

Apple physically downsized the Power Mac G4 tower, a desktop system, into an 8-inch cube encased in clear acrylic. That's about one-fourth the size of traditional towers, but it still delivers plenty of computing power, reaching speeds of over one billion calculations per second. In other words, it's got all the muscle you'll need for desktop publishing, making digital movies, and playing the latest games for Macintosh.



Computers

◀ **Sony Vaio Picturebook.** Weighing in at 2.2 pounds and just over 1 inch "thin," the C1 Picturebook fits the pro on the go. The C1VN model features a 600 MHz Crusoe processor, and includes a 12 gigabyte hard drive, 128 megabytes of memory, a modem, and a built-in swivel digital camera. Microsoft Word, video editing, and other software included. $2,299.

◀ **Apple Power Mac G4 Cube.** Apple calls it a supercomputer. You'll call its design stunning. The G4 Cube comes with built-in DVD-ROM drive, an optical mouse (for use on just about any surface), a full-size keyboard, and globelike designer speakers. Productivity, gaming, and video-editing software included. $1,799.

Toshiba Portégé 3480CT. This sleek machine—less than 1 inch deep and 3.4 pounds—offers an 11.3-inch active matrix display, a 600 MHz Pentium III processor, 64 megabytes of memory, 12 gigabytes of storage, a modem, and multimedia capabilities. Optional 9-hour battery, DVD-ROM, hard drive, and Zip drive available. $2,499.

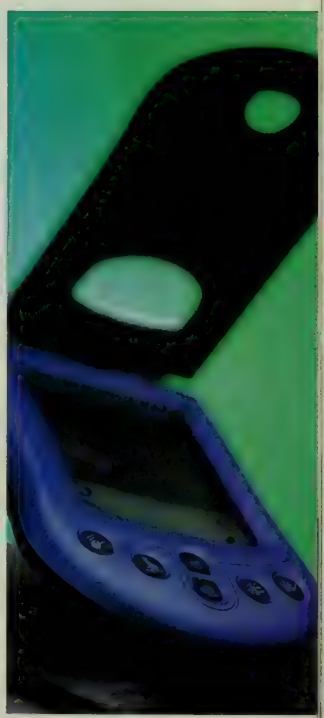




Personal Digital Assistants

◀ **iPaq Pocket PC.** Put your desktop in your pocket with this handheld that comes with Microsoft Pocket Word, Excel, Internet Explorer, and Windows Media Player. It speeds through applications, offers 32MB of memory, and has a brilliant color display. $499.

Palm m100. Take notes or track addresses and deadlines with this affordable, lightweight handheld. Connect to your PC or, with an optional adapter, to your Mac. It comes with 2MB of memory. Lots of programs available. $149. ▶



▼ **Handspring Visor Deluxe.** Based on the Palm operating system, the Visor tackles your organizational needs with 8MB of memory. Optional modules include pager, modem, MP3 player, and game pack. You can also connect it to a compact, folding keyboard. $249.

continued on page Z8
Buying information, page Z10



continued from page Z7

Web Phones

Nokia 7100 Series. Now you can access services and text information over the Internet, including e-mail. The navigation roller acts like a mouse, allowing you to scroll through text and click to execute commands. $359. (*Prices for all phones listed will usually be less, depending on carrier.*)

NeoPoint 1000. The NeoPoint offers a built-in personal organizer, memory for up to 1,000 contacts, and a large display area. Forward your e-mail, or connect to the Web. It recognizes voice commands and connects to your PC. $399.







Motorola V2282. A built-in minibrowser helps provide access to the Internet—get stock quotes, weather reports, and airline information—depending on service contracts. Another feature is the built-in FM radio, accessed with the optional stereo headset. $199.

continued on page Z11
Buying information, page Z10



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Some of the products shown editorially in the Better by Design section of *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.

Electronics

Pages Z6–Z7 (*top*): ultraportable computer, "Vaio C1 Picturebook"—Sony Electronics, 16765 West Bernardo Dr., San Diego, CA 92127; 800/315-7669; www.sony.com/PC. **(*Bottom left*): "Power Mac G4 Cube"—**Apple; 800/692-7753; www.apple.com. **(*Top center*): personal digital assistant,** "iPaq Pocket PC H3600"—Compaq; 800/888-5858; www.compaq.com. **(*Center bottom*): ultraportable computer,** "Portégé 3480CT"—Toshiba, 9740 Irvine Blvd., Irvine, CA 92618; 800/867-4422; www.toshiba.com. **(*Top right*): personal digital assistant,** "m100"—Palm Computing, Inc., 5400 Bayfront Plaza, Santa Clara, CA 95052-8007; 800/881-7256; see their Web site at www.palm.com. **(*Bottom right*): personal digital assistant,** "Visor Deluxe"—Handspring, 189 Bernando Ave., Mountain View, CA 94043-5203; 888/565-9393; see their Web site at www.handspring.com.

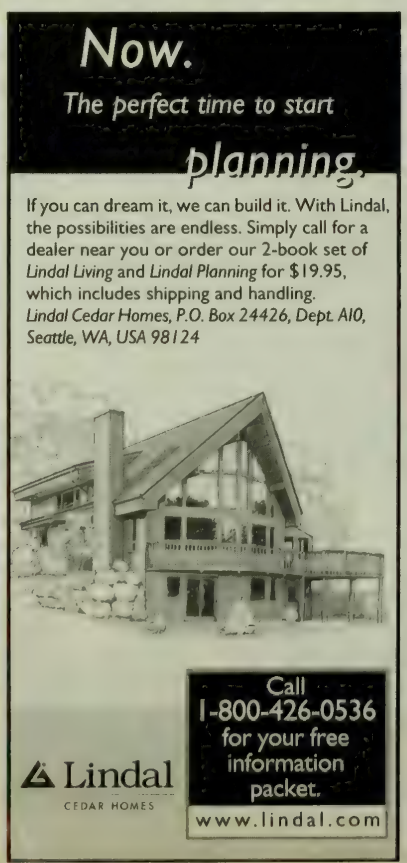
Page Z8 (*top right*): cellular phone, "7100 Series"—Nokia; 800/296-6542; www.nokia.com. **(*Bottom left*): cellular phone,** "NP1000"—NeoPoint, 15445 Innovation Dr., San Diego, CA 92128; 800/714-4465; www.neopoint.com. **(*Bottom right*): cellular phone,** "V2282"—Motorola; 800/331-6456; www.motorola.com.

Page Z11 (*top left*): MP3 player, "MS Walkman NW-MS7"—Sony Electronics, 16765 West Bernardo Dr., San Diego, CA 92127; 800/315-7669; www.sel.sony.com. **(*Bottom center*): MP3 player,** "I-Jam"—I-JAM Multimedia, 1092 National Pkwy., Schaumburg, IL 60173; 888/326-4526; www.i-jam.com. **(*Bottom right*): MP3 player,** "Yepp YP-E32"—Samsung/Electronics Americ 800/726-7864; see their Web site www.samsungyepp.com.

Pages Z14–Z15 (*left*): printer, "Styl Photo 1270"—Epson America, Inc 3840 Kilroy Airport Way, Lon Beach, CA 90806; 800/463-776 www.epson.com. **(*Center*): printe** "Z32"—LexMark; 888/539-627 www.lexmark.com. **(*Right*): printe** "BJC-8200"—Canon; 800/652-266 www.usa.canon.com.

Page Z16 (*top left*): digital camer "FinePix 1400Zoom"—Fuji Phot Film USA, P.O. Box 7828, Edison, N 08818-7828; 800/800-3854; see the Web site at www.fujifilm.com. **(*To right*): digital camera,** "Photosma C200"—Hewlett Packard, 300 Hanover St., Palo Alto, CA 94304 1185; 888/999-4747; see their We site at www.photosmart.com. **(*Bo tom right*): digital camera,** "PhotoP 3000Z"—Epson America, Inc., 384 Kilroy Airport Way, Long Beach, C 90806; 800/463-7766; see their We site at www.epson.com.











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omes with 64MB of remov-
ble memory; more memory
eans more music. Software
rovides connection to a PC
omputer. $399.

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r load music off the Internet.
ust 3.4 inches high, the I-Jam
omes with two 16MB remov-
ble memory cards,
M radio, five inde-
endent treble and
ass tone controls,
nd software for
irect connection to
C or Mac. $219 for
SB version.

Samsung Yepp YP-E32. Although the ▶ Yepp is an MP3 player, featuring 32 megabytes of internal flash memory, it can also record up to two hours of voice. Store your messages or e-mail them to friends. Other options include accessing an internal phone directory. The information is entered into your computer and downloaded in the same way you would download a music file. $169.

continued on page Z14
Buying information, page Z10






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The Odyssey

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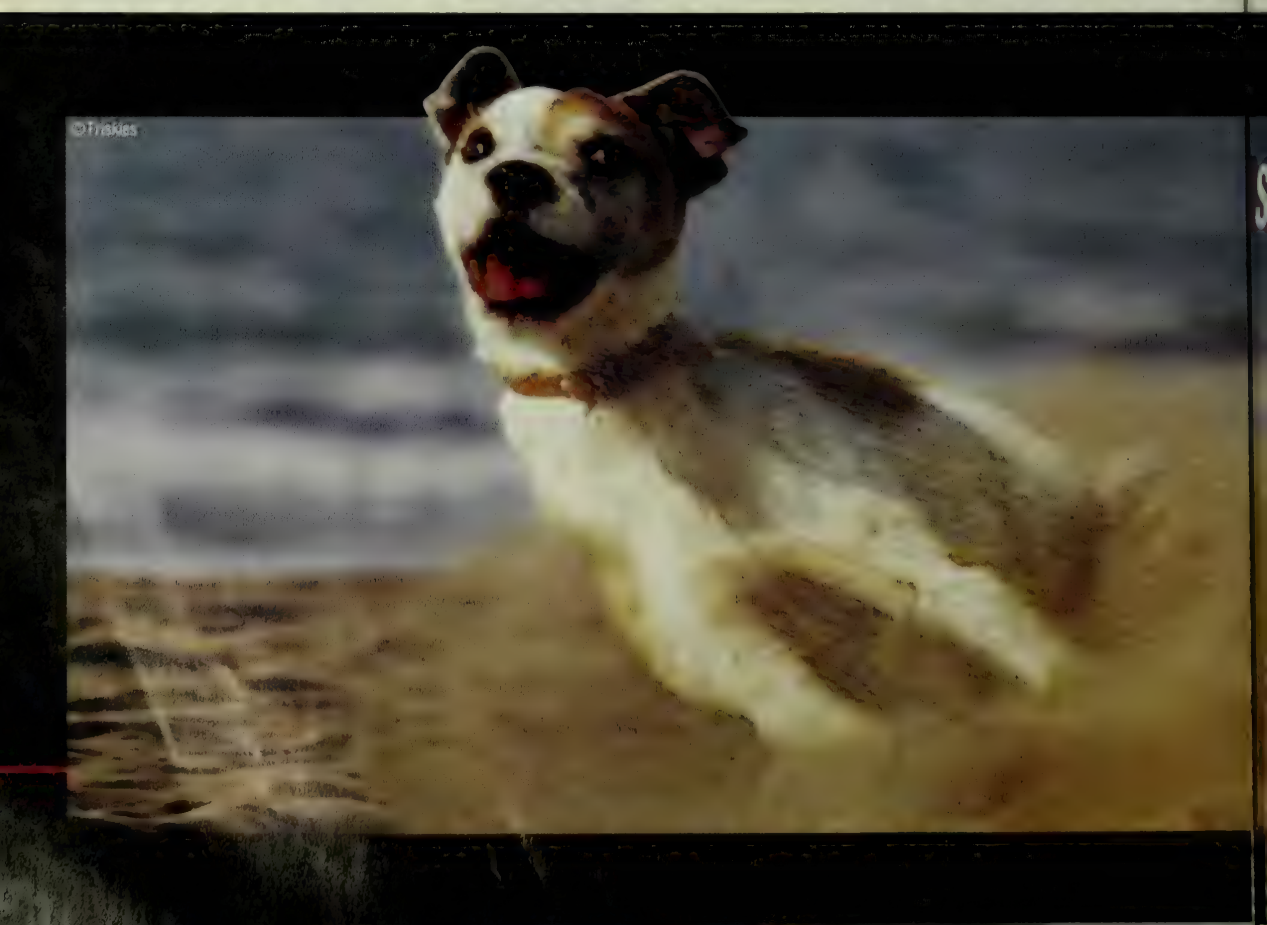
*om 800-33-HONDA ©2000 American Honda Motor Co., Inc. *Available on EX model. †NHTSA NCAP driver's and passenger's side frontal- and side-impact collision tests. EX model shown.*

continued from page Z11

Printers

Epson Stylus Photo 1270. ▶ Get sharp, large-format (up to 13×19 inches), photo-quality images at a good price. You'll also appreciate the extended life of these prints. Heavy-weight matte papers framed under glass have been tested to be fade-resistant up to 26 years. $499.







◀ **LexMark Z32.** This dual cartridge printer delivers crisp text and color graphics at a low cost. Installation is simple, and the company offers unlimited product support seven days a week. $69.

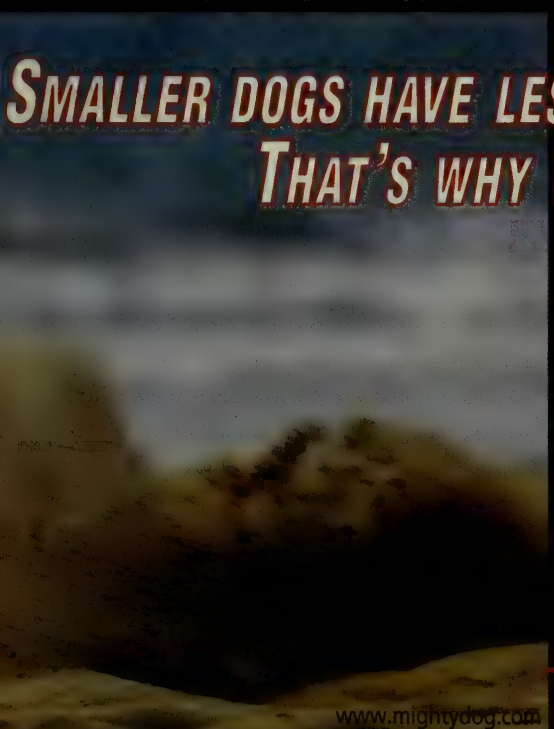
Canon BJC-8200. This 6-ink ▶ bubble jet printer provides high-quality photo output with its 1200×1200 dots-per-inch resolution. Each color of ink cartridge can be replaced separately, saving you money in the long run. $299.

continued on page Z16
Buying information, page Z10



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continued from page Z15

Digital Cameras

HP Photosmart C200. For ▶ point-and-shoot ease, try this 1 million pixel, fully automatic camera. It stores from 17 to 80 photos, depending on resolution. An 8 megabyte memory card is included. $249.





▲ **Fujifilm FinePix 1400Zoom.** The rule of thumb is: The more the pixels, the better the resolution at bigger print sizes. Today's million-plus pixel cameras—such as the Fine-Pix—will provide high-quality photos for your family. The camera also has a 3X optical zoom, an LCD monitor, and a 4MB memory card. $399.

Epson PhotoPC 3000Z. If ▶ you're looking for professional capabilities, this 3.3 million pixel camera is for you. Shoot sharp images for prints up to 12×17 inches. It also has the ability to capture 25 seconds of video. $999. ⌂

Buying information, page Z10



~~irrit~~ability

Think it's PMS? Think again.



It could be PMDD.

Premenstrual Dysphoric Disorder – the intense mood and physical symptoms right before a period. If extreme monthly irritability, mood swings and bloating interfere with day-to-day activities and relationships, now there's help. Introducing Sarafem – the first and only FDA-approved prescription medication for PMDD. To learn more about PMDD, visit Sarafem.com or call 1-877-599-PMDD.

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Why live this way another month? Talk to your doctor today.

Important Safety Information – If you develop a rash or hives while taking Sarafem, call your doctor right away because this can be a sign of a serious medical condition. You should not take Sarafem at the same time as or within two weeks of stopping an MAO inhibitor (MAOI). Don't take an MAOI for *at least* 5 weeks after stopping Sarafem. Also, you should not take thioridazine at the same time as or within 5 weeks of stopping Sarafem. Some women may experience side effects such as tiredness, upset stomach, nervousness, dizziness and difficulty concentrating. Side effects are usually mild and tend to go away within a few weeks. Sarafem contains fluoxetine hydrochloride, the same active ingredient found in Prozac.® Be sure to tell your doctor if you are pregnant or nursing, or planning on becoming pregnant. **Please see the following page for additional product information.**

Lilly

Sarafem™
fluoxetine hydrochloride

INFORMATION FOR THE PATIENT

READ THIS INFORMATION COMPLETELY BEFORE USING SARAFEM (SAIR-a-fem). This leaflet provides a summary about SARAFEM and does not contain complete information about your medicine. This information is not meant to take the place of discussions between you and your doctor. Talk with your doctor, pharmacist or other healthcare professional if there is something you do not understand or if you want to learn more about SARAFEM. Always follow your doctor's instructions on how to take SARAFEM.

What is SARAFEM?

SARAFEM is a prescription medicine used by women who have menstrual periods or cycles to treat the symptoms of premenstrual dysphoric disorder (PMDD).

What is PMDD?

PMDD is a medical condition that affects only women who have menstrual periods or cycles. Symptoms of PMDD are limited to the week or two before a woman's menstrual period and commonly include mood symptoms such as irritability, mood swings, and tension as well as physical symptoms of bloating and breast tenderness. When the symptoms of PMDD appear they cause interference in day to day activities and relationships.

What is the active ingredient in SARAFEM?

SARAFEM contains fluoxetine hydrochloride, the same active ingredient found in Prozac.

How does SARAFEM work?

While it is unknown what causes PMDD, many doctors believe it may be related to an imbalance in a natural chemical in the body called serotonin. The actions of SARAFEM on serotonin may explain its effects in improving the symptoms of this condition.

Who should not take SARAFEM?

You should not take SARAFEM if you:

- are allergic to fluoxetine hydrochloride, the active ingredient in SARAFEM.
- are taking a type of antidepressant medicine known as a monoamine oxidase inhibitor (MAOI), such as Nardil (phenelzine) or Parnate (tranylcypromine). Using an MAOI together with many prescription medicines including SARAFEM can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you can take SARAFEM. Also, you need to wait at least 5 weeks after you stop taking SARAFEM before you take an MAOI.
- are taking a type of antipsychotic medicine known as Mellaril (thioridazine). You need to wait at least 5 weeks after you stop taking SARAFEM before you take Mellaril.

How should I take SARAFEM?

- Take SARAFEM exactly as directed by your doctor.
- SARAFEM comes as a 10 mg lavender capsule and a 20 mg pink and lavender capsule. The usual dose is 20 mg a day, but your doctor will prescribe the dose that is right for you.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of SARAFEM that has been prescribed for you.
- SARAFEM can be taken with or without food.
- To help you remember to take SARAFEM, it may be best to take it at about the same time each day, such as every morning.
- Remember to get your refills before you run out of SARAFEM.
- Talk with your doctor about how long you should keep taking SARAFEM.
- Talk with your doctor before you stop taking SARAFEM.

What should I talk to my doctor about when taking SARAFEM?

- If you get a rash or hives while taking SARAFEM, call your doctor right away because this can be a sign of a serious medical condition.
- Be sure to tell your doctor if you are taking Prozac, since this contains fluoxetine, the same active ingredient found in SARAFEM.
- Be sure to tell your doctor if you are taking or plan to take any prescription or nonprescription medicines, vitamins, natural supplements, herbal remedies or alcohol. As with most other prescription medications, SARAFEM may interact with some of these products.
- You should tell your doctor if you are pregnant, plan to become pregnant or are breast feeding while taking SARAFEM.
- Tell your doctor if you have diabetes. The dose of diabetes medicine you need may change when you start or stop taking SARAFEM.
- Tell your doctor about any other medical conditions you may have, especially liver disease, or a history of seizures or mania.

What are possible side effects of SARAFEM?

All prescription medicines may cause side effects in some patients.

- In medical studies of women taking SARAFEM for PMDD, the most common side effects likely caused by SARAFEM were tiredness, upset stomach, nervousness, dizziness, and difficulty concentrating. Other side effects were reported less frequently in those same studies. Side effects were generally mild, often disappeared after a few weeks, and most did not cause women to stop taking SARAFEM.
- SARAFEM can cause changes in sexual desire or satisfaction.
- Do not drive a car or operate dangerous machinery until you know what effect SARAFEM may have on you.
- Contact your doctor or healthcare professional if you get a rash or hives, or if you get other side effects that concern you while taking SARAFEM.

What else can I do?

In addition to taking SARAFEM:

- eat a well-balanced diet (including fruits, vegetables and fiber) and get regular exercise.
- drink plenty of water daily and lower the amount of caffeine and salt in your diet, especially before your menstrual period.

Talk to your doctor before you begin any diet or exercise program.

How do I store SARAFEM?

- Store SARAFEM at room temperature.
- Keep all medicines, including SARAFEM, out of the reach of children.

General Information

This is a summary of information about SARAFEM. Medicines are sometimes prescribed for purposes other than those listed in a patient information summary. This medicine was prescribed for your use only. Do not let anyone else use your SARAFEM.

If you have any questions or concerns, want to report any problems with the use of SARAFEM or want more information about SARAFEM, contact your doctor, pharmacist or other healthcare professional.

This patient information summary has been approved by the US Food and Drug Administration.

www.sarafem.com
Literature issued July 11, 2000

PV 3281 [07112000]

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Buying information continued from page 86

CA 92126; 858/695-0882. **Drawer hardware**—Ace Hardware, 2200 Kensington Ct., Oa Brook, IL 60523; 630/990-6522; www.ourhouse.com. **Hangers**—The Container Store 800/733-3532. **Window**—Andersen Windows, Inc.; 800/426-4261; or see the Web site a www.andersenwindows.com.

Decorating Shop™
Page 87: Hearts Sampler Kit—Banar Designs, Inc., 431 S. Main, Fallbrook, CA 92028.

Gardener's Almanac
Pages 104-110: surprise lilies—Wayside Gardens, 1 Garden Lane, Hodges, SC 29695 800/845-1124; free catalog. Louisiana Nursery, Route 7, Box 43, Opelousas, LA 70570 318/948-3696; catalog $6. **Sally Holmes rose**—Edmunds' Roses, 6235 SW. Kahle Rd Wilsonville, OR 97070; 503/682-1476; free catalog. **Variegated ribbon grass**—Busse Gar dens, 17160 245th Ave., Big Lake, MN 55309; 800/544-3192; catalog $2. Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013; no phone orders; catalog $3. **Barberry**—Gree Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401; 541/686-8266; catalog $3 Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4. **Nigella**— Thompson & Morgan, P.O. Box 1308, Jackson, NJ 08527; 908/363-2225. **Variegated maid en grass**—Kurt Bluemel Inc. (address above). Busse Gardens (address above). **Annabelle hydrangea**—White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/255-2852; free catalog. Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC 27516; 919/967-0078; cata log $3. **Spirea**—Arborvillage Nursery, P.O. Box 227, Holt, MO 64048; 816/264-3911 catalog $1. Carroll Gardens, 444 E. Main St., Westminster, MD 21157; 800/638-6334 catalog $3. Forestfarm (address above). Greer Gardens (address above). **Athyrium**— We-Du Nurseries, Route 5, Box 724, Marion, NC 28752; 704/738-8300; catalog $2. Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.30. Niche Gardens (address above). Goldheart ivy—Niche Gardens (address above). **Hardy gin ger**—Siskyou Rare Plant Nursery, 2825 Cummings Rd., Medford, OR 97501; 541/772- 6846; catalog $3. Shady Oaks Nursery, P.O. Box 708, Waseca, MN 56093-0708; 800/504-8006; free catalog. **Climbing hydrangea**—White Flower Farm (address above). Wayside Gardens (address above).

Indoor Trees
Pages 113-122: indoor trees—Logee's Greenhouses, 141 North St., Danielson, CT 06239; 860/774-8038; catalog $3.

Cozy in a Big Way
Pages 127-132: fences and gates—Walpole Woodworkers, 767 East St., P.O. Box 151, Wal pole, MA 02081; 800/343-6948. **Garden shed**—Gardensheds, 651 Millcross Rd., Lancaster, PA 17601; 717/397-5430; www.gardensheds.com; catalog $5.

Classic & Clean Colonial
Pages 136-137: window fabric—Duralee Fabrics; 516/273-8800. Slipcover design—Her sche Young Interior WorkRoom; 410/592-2212. **Custom rag rug**—Ragrugs; 888/724-7847; www.ragrugs.net.
Pages 138-139 (*top right*): settee and chair—The Seraph; www.theseraph.com. (***Bottom***): **bird nest prints**—Fern Hill Design 410/472-0320.
Pages 140-141 (*right*): painted armoire—Gaines McHale Antiques & Home; 800/634-1579; www.gainesmchale.com.

Relaxation Rooms
Pages 145-147: French doors—Windsor Window Co., 900 S. 19th St., West Des Moines, IA 50265; 515/223-6660. **Windows**—custom. **Wall and trim paint** (Atrium White)—Ben jamin Moore & Co., 800/826-2623; www.benjaminmoore.com. **Flooring**, 2.5-inch oak strip with walnut stain—Bruce Hardwood Floors, Div. of Triangle Pacific Co., 16803 Dallas Pkwy., Dallas, TX 75248; 800/722-4647; brucehardwoodfloors.com. **Table lamp**—Restora tion Hardware; 888/243-9720; www.restorationhardware.com. **Wicker deck furniture**— Pier 1 Imports; 800/447-4371; www.pier1.com.
Pages 148-149: windows and doors—Pella Corp., 102 Main St., Pella, IA 50219; 800/547- 3552. **Paint** (Sugar White)—The Sherwin-Williams Co.; 800/474-3794. **Carpet**—Shaw Ind., Inc., P.O. Drawer 2128, Dalton, GA 30722-2128; 800/367-5504. **Oval mirror above dressing table**—Country Glass & Mirror Co., 8401 Manchester, St. Louis, MO 63144; 314/961-8563. **Dressing table knobs**—Restoration Hardware; 888/243-9720; or see the Web site at www.restorationhardware.com.
Pages 150-152: French door—T.M. Cobb Co., 8944 Magnolia, Santee, CA 92071; 619/562-5067. **Wall paint**, "Day Lily" (Eggshell)—Dunn-Edwards Paint Corp. 4885 E. 52nd Pl., Los Angeles, CA 90040; 800/537-4098. **Floor tile**, "Bayou" 6x6; "Water" 4x4; "Glac ier" 4x4—Gfashaus Inc., 450 Congress Pkwy., Ste. E, Crystal Lake, IL 60014; 815/356- 8440. **Floor tile**, "Lucido" 6x6 and 4x4—Blanco America, Inc., 1050 Taylors Lane, Unit 4, Cinnaminson, NJ 08077; 800/451-5782. **Custom cabinets** (Whisper)—Pergola Custom Cabinetry Designs, 473 N. Canon Dr., Sierra Madre, CA 91024; 626/355-2335. **Sinks**, "Belle Terra Medium" (White)—Absolute, 6615 W. Boston, Chandler, AZ 85226; 800/359-3261. **Sinks, bathtub, shower faucets**, "Georgetown" (Brushed Nickel)—Phylrich International, 1001 N. Orange Dr., Los Angeles, CA 90038; 800/749-5722. **Tub**, "Waterscape" (White)— Kohler Co.; 800/456-4537; www.kohlerco.com. **Sconces**—Corbett Lighting, Inc., 2816 Commodore Dr., Carrollton, TX 75007; 800/351-6479.

Kitchens with Character
Pages 156-157: all cabinetry—Daniel Baxter, Baxter Architectural Woodworks Shop, 24 Geneva St., Hapeville, GA 30354; 404/608-8139. **Iron chandelier**—Ma Maison; 912/638- 0738. **Corner armoire**—Designer Antiques, 25 Bennett St., NW, Atlanta GA 30309; 404/352-0254. **Basket jugs by fireplace** (for trade only)—Ainsworth Noah & Assoc., 351 Peachtree Hills Ave., NE, Atlanta, GA 30305; 404/231-8787. **Antique table**—Guyton De sign Group, 55 Bennett St., Ste. 20, Atlanta, GA 30309; 404/352-1113. **Chairs**—Pierce Mar tin Showroom, 129 Armour Dr., NE, Atlanta, GA 30324; 404/872-0800. **Rug under table**—antique. **Chopping-block island, French pots, antique bowl**—Interiors Market, 55 Bennett St., Atlanta, GA 30309; 404/352-0055. **Tableware, glasses, jars, plants, flowers**— Lush Life Home, 3420 Roswell Rd., Atlanta, GA 30305. **Commercial range**—Viking Range Corp., 111 Front St., Greenwood, MS 38930; 888/845-4641; www.vikingrange.com. **Ven tilator hood**—Vent-A-Hood Co., P.O. Box 830426, Richardson, TX 75083-0426; 972-235- 5201. **Custom windows, French door, main countertop**—Keith Summerour, Summerour & Assoc., 3165 Shadowlawn Ave., Atlanta, GA 30305; 404/816-0400.
Pages 158-159: marble tile in backsplash (retail and trade only)—Renaissance Tile & Bath, Inc., 349 Peachtree Hills Ave., Atlanta, GA 30305; 404/231-9203. **Custom window, chopping-block island, French pots, antique bowl**—Interiors Market, 55 Bennett St., At lanta, GA 30309; 404/352-0055. **Sink**—Kohler Co., 800/456-4537; www.kohlerco.com. **Faucets**—Waterworks; for store locations call 800/899-6757. **Moss-covered containers and jars on counter**—Lush Life Home (address above). **Refrigerator, dishwasher**—KitchenAid; 800/422-1230; www.kitchenaid.com. **Pages 160-161 (*left*): custom cabinetry throughout** (except red china hutch) designed by—Shirley McFarlane, CKD,

continued on page 226


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Safest Midsize SUVs





ACCEPTABLE

LAND ROVER DISCOVERY SERIES II
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MARGINAL

Ouch!

JEEP GRAND CHEROKEE
NISSAN PATHFINDER
INFINITI QX4
ISUZU RODEO
HONDA PASSPORT

Poor

CHEVROLET BLAZER
OLDSMOBILE BRAVADA
GMC JIMMY
GMC ENVOY

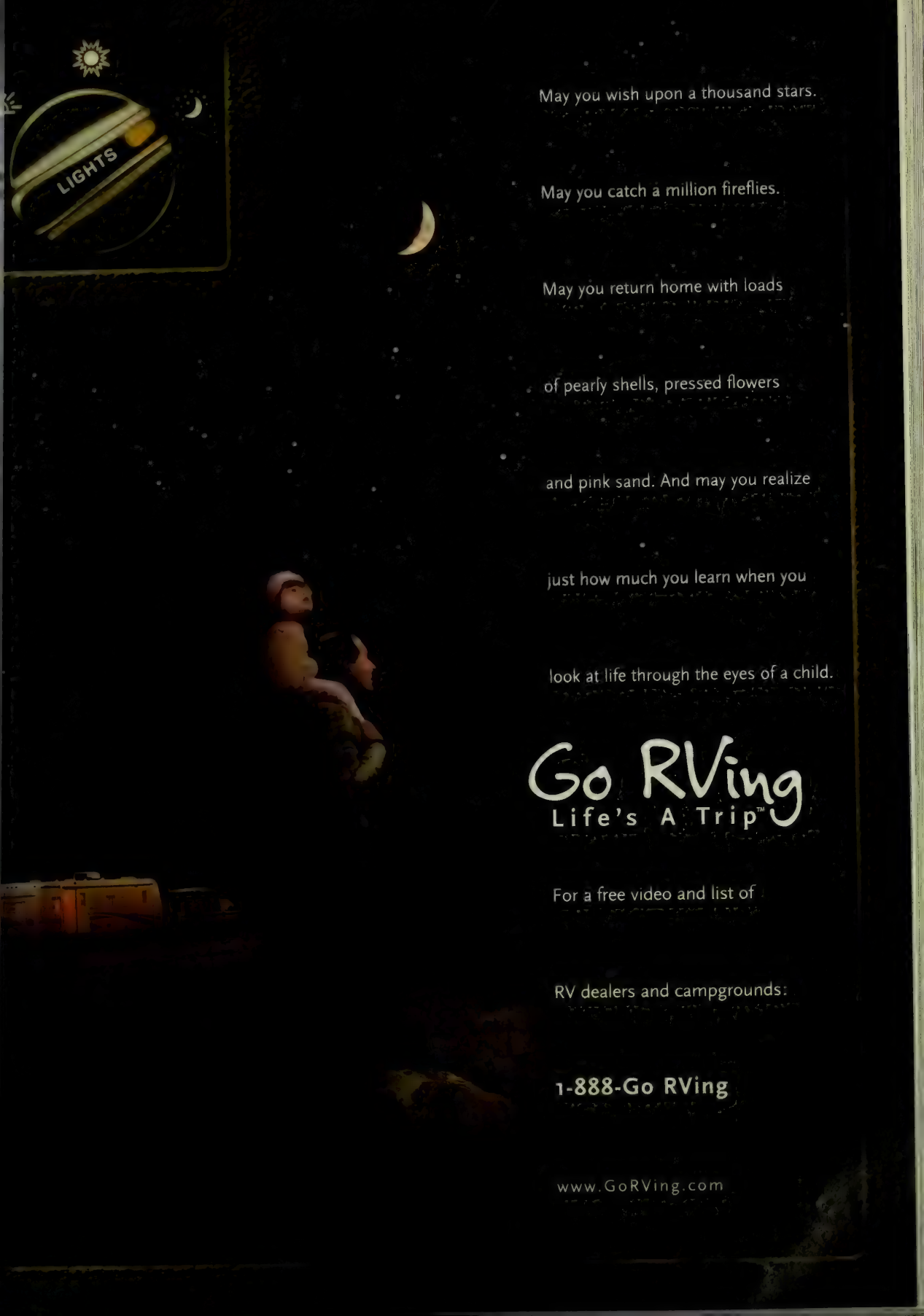
The BMW X5 joins Mercedes and Lexus models on the insurance industry's elite list of midsize sport/utility vehicles (SUVs) likely to protect you best in a crash.

Those three "best picks," plus the Toyota 4Runner, which was rated good, topped the rankings of 19 midsize SUVs evaluated by the Insurance Institute for Highway Safety, which runs a crash-test lab in Arlington, Virginia.

"The X5's performance was outstanding," said institute president Brian O'Neill. "In fact, this is the best midsize SUV the institute has tested." The insurance lab tests vehicles by slamming them into a barrier at 40 mph.

"During the crash test, the BMW's occupant compartment sustained very little damage," O'Neill said. "Measured intrusion into the compartment was less than any other vehicle we have tested. Readings taken from the

Family Car continued on page 102


LIGHTS
May you wish upon a thousand stars.
May you catch a million fireflies.
May you return home with loads
of pearly shells, pressed flowers
and pink sand. And may you realize
just how much you learn when you
look at life through the eyes of a child.
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RV dealers and campgrounds:
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continued from page 100



The insurance crash lab tests cars by smashing the driver's side front end into a barrier at 40 mph.

driver dummy indicate a low likelihood of injury."

Like the Mercedes ML320 and Lexus RX 300, the 2001 BMW earned the institute's "best pick" designation, an elite level atop the rating scale of good, acceptable, marginal, or poor.

Not all SUVs, however, rated as highly in the latest round of testing. The Isuzu Trooper flunked twice and needed a third exam before passing with a grade of "marginal."

After the Trooper's first crash, testers spotted a fuel-system fluid leak. "We've conducted more than 100 frontal offset crash tests, and this was the first time we've seen a major fuel system leak," O'Neill said.

Isuzu engineers came up with a fix and the automaker started a safety recall. The insurance lab tested a second Trooper with the recall fix, but another leak occurred. Isuzu then engineered a second fix and initiated another recall. Finally, when the institute tested a third Trooper—a 2001 model with both fixes—no fuel system leak occurred.

"This is a success story of sorts," said O'Neill. "Fuel leaks are serious, but the tests identified them before many vehicles had been on the road for long. Isuzu moved quickly to fix the problems, and there's no evidence of fires in real-world Trooper crashes."

O'Neill had one bit of advice for owners of 2000 and 2001 Troopers: "Pay attention to the recall notices and get your vehicles fixed."



Another Good Safety Bet

The 2001 Acura MDX (*above*) was too new to be part of the latest insurance industry crash tests (reported on *page 100*), but it's likely to be a top performer.

The seven-passenger MDX is an upscale sport/utility from Acura, the luxury division of Honda. With a base price of $34,370, it competes with premium SUV models from Mercedes, Lexus, and BMW.

Acura engineers predict the MDX will earn a "good" rating from the insurance institute's test lab in its offset front-end crash test. They also expect it to win five stars in the federal government's full-frontal and side-impact crash tests. (Previous crash-test predictions by company engineers have proven to be accurate.)

The MDX has nothing in common with the Honda Passport sport/utility, a marginal performer in crash tests. Instead, MDX uses a four-ring shell-type safety cage similar to the five-star Honda Odyssey minivan.

Motor Trend, a magazine for auto enthusiasts, named the MDX its Sport/Utility of the Year award winner for 2001. Competition included a dozen vehicles that were new or substantially redesigned for model year 2001.

Acura says its new MDX four-wheel drive system kicks in *before* wheels start to slip. For dry pavement cruising, power goes only to the front wheels. To haul cargo, the two rear seat rows can be configured several ways (*below*). Both can be folded flat so they are flush with the floor.





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Surprise Lily
(Lycoris squamigera)

editor's choice

Expect the Unexpected

Maybe the biggest surprise in surprise lilies is that they are much more cold-tolerant than most garden lore would lead you to believe. While summer-flowering and tropical-looking, this lycoris is easily hardy to 20° below, and has endured repeated stints of 25° below (unprotected) in my north-facing backyard.

The surprise lily's name, however, actually refers to the way the strap leaves emerge in early summer, then die back completely. Then about six or eight weeks later—surprise!—a flower stalk arises, and from its apex nodding pink trumpets unfold, releasing their sweet, candylike fragrance. These stalks are otherwise unencumbered by leaves, or foliage of any kind, lending the plant one of its other, racier, common names: naked ladies. Oh, my.

Most other lycorises—such as *radiata*, the spider lily—can't take below-zero chills, so if you live where you get a real winter, make sure to specify *squamigera*. And here's another surprise: You can plant this bulb in either fall or spring. Try them in the middle of your flower beds, where up-front foliage can hide your naked ladies' long, bare gams.

■ **Light:** Full sun. ■ **Hardiness:** To at least minus 20°. ■ **Growth habit:** 3 feet tall.
■ **Bloom time:** Summer. ■ **To order:** *See page 110.*

continued on page 106

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om feline diabetes.

only one pet food company
discovered this solution.



Despite the differences between cats and dogs, the nutritional treatment for feline and canine diabetes has traditionally been the same. However, Purina scientists recognized that a cat's metabolism is unique and developed the first and only diet which uses high-protein nutrition to effectively help manage glucose levels in diabetic cats. When PURINA SCIENCE is working this hard to improve life for one out of 400 cats, imagine what we're doing for all the rest.

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continued from page 104

looking good

Inside-Out

When Susan Jasin isn't outside enjoying her garden, she is inside doing just the same. Susan has landscaped her yard with an eye toward garden vistas that can be viewed from her favorite hangouts in her home. In a bit of interior remodeling, Susan knocked out a back wall and fireplace, replacing them with glass doors to allow more light and help bring the garden "indoors." Now mornings often find her on the back patio, a transitional space—enjoying the San Diego sunshine, all the while being protected from it.

continued on page 108



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DELIVERS MORE MOISTURE THAN EUCERIN OR LUBRIDERM

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From the living room (*right*): Inside, Susan can look out on a flower-filled backyard. Her patio is shaded by a white trellis and blooming climbers. Susan, an industrial psychologist, enlisted the aid of a designer to plan her gardens, but then did all the work herself.

From the guest room (*left*): The view of the front courtyard is framed by white windows. And from the front (*above*), that courtyard is framed by an arch covered in Sally Holmes roses.

S YOUR DRY SKIN PROBLEMS.



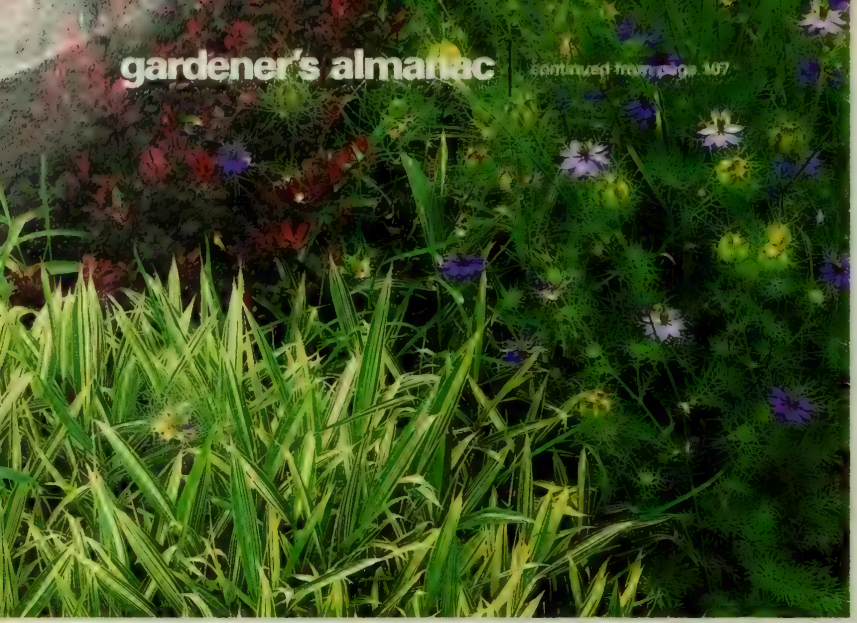


WOMEN WHO TRY IT AGREE

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continued from page 107



Variegated ribbon grass (the aggressive *Phalaris arundinacea picta*) trembles beneath a red-leaved barberry and the blue flowers of love-in-a-mist, or nigella (*left*).

A variegated maiden grass (the 6-foot-tall *Miscanthus sinensis Variegatus*) waves from behind white puffballs of Annabelle hydrangea, a raspberry Brilliant spirea, and lavender-colored catmint (*below*).

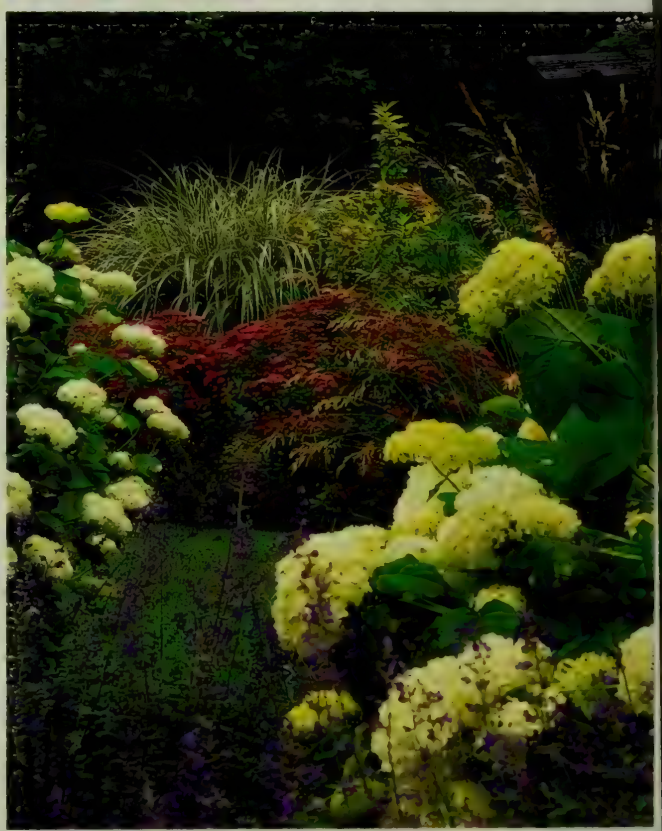
perfect pairs™

Rustlers in Your Garden

Wind, too, is an element of landscaping. A garden moves—literally—and this movement can have an ethereal, calming element. Bamboo has long been known for this, but bamboo is rarely winter-hardy and usually very tall. Ornamental grasses and ferns, however, do a similar wavy thing when winds rustle by. The grasses also make that whispery sound as they toss gently in the breeze.

Because grasses and ferns are spiky shapes, they look best contrasted with mounding silhouettes of different heights (most midsize perennials work nicely) or paired with something large of leaf (like canna, rheum, or petasites).

continued on page 110





Tall athyrium ferns surround a garden bench interwoven with Goldheart ivy (*left*). Underneath lies hardy ginger; in back, climbing hydrangea.


New
Oven
Sensations.
Oven
ensations
kee Pot Roast
roasted beef, potatoes &
es in a savory beef gravy
Beef
Included!
2 Servings
New!
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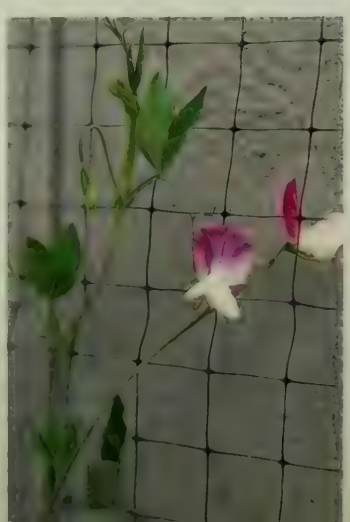
An easy way to train climbing roses to trellises is with ready-made, sawtooth plastic straps available at most hardware stores and home centers (*left*). These straps work like little buckled belts.

Sweet peas can hold their own, but they do need a home to hold. Even something as simple as plastic bird netting can provide a sturdy backdrop for these twining vines (*below*).

test garden tip

Show Climbers the Way

Vines and other climbers could use your help. Those that can actually grab hold of something need you to provide something for them to hang on to. That's what vine poles, arbors, and trellises are for. But some climbers—roses are the chief culprits here—haven't a clue about where to go. They need you to attach them to some structure or another so they don't flop over miserably on the ground. Help your climbers climb, and their flowers will be in your face, but in a nice way.



update

Green-Eyed Peas?

Next New Year's Day, you may be able to dine on green black-eyed peas for that traditional good-luck sup. The U.S. Vegetable Laboratory in Charleston, South Carolina, has developed them. The name: Green Dixie.

▪ **Two harvests?** Purdue horticulture professor Ray Bressan predicts farmers will be able to harvest corn or soybeans in July *and* November, doubling crop production, within the decade.

▪ **That feel-good feeling?** A survey conducted for Sears finds 27% of Americans feel a sense of neighborhood competition in their gardening efforts. ⌂

Buying information, page 98

READER SHOPPING

This month's Editor's Choice, the **Surprise Lily** (*Lycoris Squamigera*), features leaves that burst forth in spring and then die back. Late in summer, the fragrant pink flowers shoot up without foliage. Surprise! Our collection contains five bulbs shipped at the proper time for planting in your zone (about January 15 to May 30, 2001). One collection costs $32.95; additional collections to the same address are $28 each. Prices include shipping, handling, and applicable sales tax. *Sorry, we cannot ship to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.*

TO ORDER with your Visa, MasterCard, American Express, or Discover, call 800/881-4066. To order by mail, send a check or money order to: *Better Homes and Gardens*® Reader Shopping Service, Dept. 0102, Box 9128, Des Moines, IA 50306-9128.

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Celebrex should not be taken in late pregnancy
you have allergic reactions, such as asthma, to aspirin
ther arthritis medicines or certain sulfa drugs called
namides. In rare cases, serious stomach problems such as bleeding can occur
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Celebrex has been extensively studied in large clinical trials. The most common effects were indigestion, diarrhea and abdominal pain. The percentage of patients stopped taking Celebrex due to all side effects (7.1%) was similar to sugar pill (6.1%).

This information cannot replace your doctor's advice. Only your doctor can
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Please see following page for important product information.

SEARLE Pfizer

BRIEF SUMMARY—CELEBREX® (celecoxib capsules)

INDICATIONS AND USAGE
For relief of the signs and symptoms of OA, and of RA in adults.

CONTRAINDICATIONS
CELEBREX is contraindicated in patients with known hypersensitivity to celecoxib. CELEBREX should not be given to patients who have demonstrated allergic-type reactions to sulfonamides. CELEBREX should not be given to patients who have experienced asthma, urticaria, or allergic-type reactions after taking aspirin or other NSAIDs. Severe, rarely fatal, anaphylactic-like reactions to NSAIDs have been reported in such patients (see WARNINGS—Anaphylactoid Reactions, and PRECAUTIONS—Preexisting Asthma).

WARNINGS
Gastrointestinal (GI) Effects—Risk of GI Ulceration, Bleeding, and Perforation: Serious GI toxicity such as bleeding, ulceration, and perforation of the stomach, small intestine or large intestine, can occur at any time, with or without warning symptoms, in patients treated with NSAIDs. Minor upper GI problems, such as dyspepsia, are common and may also occur at any time during NSAID therapy. Therefore, physicians and patients should remain alert for ulceration and bleeding, even in the absence of previous GI tract symptoms. Patients should be informed about the signs and/or symptoms of serious GI toxicity and the steps to take if they occur. Only 1/5 patients who develop a serious upper GI adverse event on NSAID therapy is symptomatic. Upper GI ulcers, gross bleeding or perforation, caused by NSAIDs, appear to occur in approximately 1% of patients treated for 3–6 months, and in about 2–4% of patients treated for one year. These trends continue thus, increasing the likelihood of developing a serious GI event at some time during the course of therapy. However, even short-term therapy is not without risk. It is unclear, at the present time, how the above rates apply to CELEBREX (see CLINICAL STUDIES— Special Studies in the complete prescribing information). Among 5,285 patients who received CELEBREX in controlled clinical trials of 1 to 6 months duration (most were 3 month studies) at a daily dose of 200 mg or more, 2 (0.04%) experienced significant upper GI bleeding, at 14 and 22 days after initiation of dosing. Approximately 40% of these 5,285 patients were in studies that required them to be free of ulcers by endoscopy at study entry. Thus it is unclear if this study population is representative of the general population. Prospective, long-term studies required to compare the incidence of serious, clinically significant upper GI adverse events in patients taking CELEBREX vs. comparator NSAID products have not been performed. NSAIDs should be prescribed with extreme caution in patients with a prior history of ulcer disease or GI bleeding. Most spontaneous reports of fatal GI events are in elderly or debilitated patients and therefore special care should be taken in treating this population. **To minimize the potential risk for an adverse GI event, the lowest effective dose should be used for the shortest possible duration.** For high risk patients, alternate therapies that do not involve NSAIDs should be considered. Studies have shown that patients with a *prior history of peptic ulcer disease and/or GI bleeding* and who use NSAIDs, have a greater than 10-fold higher risk for developing a GI bleed than patients with neither of these risk factors. In addition to a past history of ulcer disease, pharmacoepidemiological studies have identified several other co-therapies or co-morbid conditions that may increase the risk for GI bleeding such as: treatment with oral corticosteroids, treatment with anticoagulants, longer duration of NSAID therapy, smoking, alcoholism, older age, and poor general health status.

Anaphylactoid Reactions: As with NSAIDs in general, anaphylactoid reactions have occurred in patients without known prior exposure to CELEBREX. In post-marketing experience, rare cases of anaphylactic reactions and angioedema have been reported in patients receiving CELEBREX. CELEBREX should not be given to patients with the aspirin triad. This symptom complex typically occurs in asthmatic patients who experience rhinitis with or without nasal polyps, or who exhibit severe, potentially fatal bronchospasm after taking aspirin or other NSAIDs (see CONTRAINDICATIONS and PRECAUTIONS—Preexisting Asthma). Emergency help should be sought in cases where an anaphylactoid reaction occurs.

Advanced Renal Disease: Treatment with CELEBREX is not recommended.

Pregnancy: In late pregnancy CELEBREX should be avoided because it may cause premature closure of the ductus arteriosus.

PRECAUTIONS
General: CELEBREX cannot be expected to substitute for corticosteroids or to treat corticosteroid insufficiency. The pharmacological activity of CELEBREX in reducing inflammation, and possibly fever, may diminish the utility of these diagnostic signs in detecting infectious complications of presumed noninfectious, painful conditions.

Hepatic Effects: Borderline elevations of one or more liver tests may occur in up to 15% of patients taking NSAIDs, and notable elevations of ALT or AST (approximately three or more times the upper limit of normal) have been reported in approximately 1% of patients in clinical trials with NSAIDs. These laboratory abnormalities may progress, may remain unchanged, or may be transient with continuing therapy. Rare cases of severe hepatic reactions, including jaundice and fatal fulminant hepatitis, liver necrosis and hepatic failure (some with fatal outcome) have been reported with NSAIDs, including CELEBREX. (See ADVERSE REACTIONS—post-marketing experience.) In controlled clinical trials of CELEBREX, the incidence of borderline elevations of liver tests was 6% for CELEBREX and 5% for placebo, and approximately 0.2% of patients taking CELEBREX and 0.3% of patients taking placebo had notable elevations of ALT and AST. A patient with symptoms and/or signs suggesting liver dysfunction, or in whom an abnormal liver test has occurred, should be monitored carefully for evidence of the development of a more severe hepatic reaction while on therapy with CELEBREX. If clinical signs and symptoms consistent with liver disease develop, or if systemic manifestations occur (e.g., eosinophilia, rash, etc.), CELEBREX should be discontinued.

Renal Effects: Long-term administration of NSAIDs has resulted in renal papillary necrosis and other renal injury. Renal toxicity has also been seen in patients in whom renal prostaglandins have a compensatory role in the maintenance of renal perfusion. In these patients, administration of an NSAID may cause a dose-dependent reduction in prostaglandin formation and, secondarily, in renal blood flow, which may precipitate overt renal decompensation. Patients at greatest risk of this reaction are those with impaired renal function, heart failure, or liver dysfunction, those taking diuretics and ACE inhibitors, and the elderly. Discontinuation of NSAID therapy is usually followed by recovery to the pretreatment state. Clinical trials with CELEBREX have shown renal effects similar to those observed with comparator NSAIDs. Caution should be used when initiating treatment with CELEBREX in patients with considerable dehydration. It is advisable to rehydrate patients first and then start therapy with CELEBREX. Caution is also recommended in patients with pre-existing kidney disease (see WARNINGS—Advanced Renal Disease).

Hematological Effects: Anemia may occur. In controlled clinical trials the incidence of anemia was 0.6% with CELEBREX and 0.4% with placebo. Patients on long-term treatment with CELEBREX should have their hemoglobin or hematocrit checked if they exhibit any signs or symptoms of anemia or blood loss. CELEBREX does not generally affect platelet counts, prothrombin time (PT), or partial thromboplastin time (PTT), and does not appear to inhibit platelet aggregation at indicated dosages (See CLINICAL STUDIES— Special Studies—Platelets in the complete prescribing information).

Fluid Retention and Edema: Fluid retention and edema may occur (see ADVERSE REACTIONS). Therefore, CELEBREX should be used with caution in patients with fluid retention, hypertension, or heart failure.

Preexisting Asthma: Do not use in patients with aspirin-sensitive asthma because of the risk of severe bronchospasm. Use with caution in patients with preexisting asthma.

Laboratory Tests: Because serious GI tract ulcerations and bleeding can occur without warning symptoms, physicians should monitor for signs or symptoms of GI bleeding. During the controlled clinical trials, there was an increased incidence of hyperchloremia in patients receiving celecoxib compared with patients on placebo. Other laboratory abnormalities that occurred more frequently in the patients receiving celecoxib included hypophosphatemia, and elevated BUN. These laboratory abnormalities were also seen in patients who received comparator NSAIDs in these studies. The clinical significance of these abnormalities has not been established.

Drug Interactions: ***General:*** Celecoxib metabolism is predominantly mediated via cytochrome P450 2C9 in the liver. Co-administration of celecoxib with drugs that are known to inhibit 2C9 should be done with caution. *In vitro* studies indicate that celecoxib, although not a substrate, is an inhibitor of cytochrome P450 2D6. Therefore, there is a potential for an *in vivo* drug interaction with drugs that are metabolized by P450 2D6. ***ACE-inhibitors:*** Reports suggest that NSAIDs may diminish the antihypertensive effect of Angiotensin Converting Enzyme (ACE) inhibitors. This interaction should be given consideration in patients taking CELEBREX concomitantly with ACE-inhibitors. ***Furosemide:*** Clinical studies, as well as post marketing observations, have shown that NSAIDs can reduce the natriuretic effect of furosemide and thiazides in some patients. This response has been attributed to inhibition of renal prostaglandin synthesis. ***Aspirin:*** CELEBREX can be used with low dose aspirin. However, concomitant administration of aspirin with CELEBREX may result in an increased rate of GI ulceration or other complications, compared to use of CELEBREX alone (see CLINICAL STUDIES—Special Studies—Gastrointestinal in the complete prescribing information). Because of its lack of platelet effects, CELEBREX is not a substitute for aspirin for cardiovascular prophylaxis. ***Fluconazole:*** Concomitant administration of fluconazole at 200 mg QD resulted in a two-fold increase in celecoxib plasma concentration. This increase is due to the inhibition of celecoxib metabolism via P450 2C9 by fluconazole (see Pharmacokinetics—Metabolism). CELEBREX should be introduced at the lowest recommended dose in patients receiving fluconazole. ***Lithium:*** In a study conducted in healthy subjects, mean steady-state lithium plasma levels increased approximately 17% in subjects receiving lithium 450 mg BID with CELEBREX 200 mg BID as compared to subjects receiving lithi
Patients on lithium treatment should be closely monitored when CELEBREX is introduce
drawn. ***Methotrexate:*** In an interaction study of rheumatoid arthritis patients taking met
CELEBREX did not have a significant effect on the pharmacokinetics of methotrexate. ***Warfa***
coagulant activity should be monitored, particularly in the first few days, after initiating or
CELEBREX therapy in patients receiving warfarin or similar agents, since these patients
increased risk of bleeding complications. The effect of celecoxib on the anticoagulant effect o
was studied in a group of healthy subjects receiving daily doses of 2–5 mg of warfarin
subjects, celecoxib did not alter the anticoagulant effect of warfarin as determined by pro
time. However, in post-marketing experience, bleeding events have been reported, predom
the elderly, in association with increases in prothrombin time in patients receiving CELE
currently with warfarin. **Carcinogenesis, mutagenesis, impairment of fertility:** CelecoXib wa
cinogenic in rats given oral doses up to 200 mg/kg for males and 10 mg/kg for females
mately 2- to 4-fold the human exposure as measured by the AUC_{0-24} at 200 mg BID) or in m
oral doses up to 25 mg/kg for males and 50 mg/kg for females (approximately equal t
exposure as measured by the AUC_{0-24} at 200 mg BID) for two years. Celecoxib was not m
in an Ames test and a mutation assay in Chinese hamster ovary (CHO) cells, nor clastog
chromosome aberration assay in CHO cells and an *in vivo* micronucleus test in rat bone
Celecoxib did not impair male and female fertility in rats at oral doses up to 600 mg/kg/day
imately 11-fold human exposure at 200 mg BID based on the AUC_{0-24}).

Pregnancy: ***Teratogenic effects:*** Pregnancy Category C. Celecoxib was not teratogenic in r
to an oral dose of 60 mg/kg/day (equal to human exposure at 200 mg BID as measured by
however, at oral doses ≥150 mg/kg/day (approximately 2-fold human exposure at 200 m
measured by AUC_{0-24}), an increased incidence of fetal alterations, such as ribs fused,
fused and sternebrae misshapen, was observed. A dose-dependent increase in diaphragmat
was observed in one of two rat studies at oral doses ≥30 mg/kg/day (approximately 6-fol
exposure based on the AUC_{0-24} at 200 mg BID). There are no studies in pregnant women.
should be used during pregnancy only if the potential benefit justifies the potential risk to
Nonteratogenic effects: Celecoxib produced preimplantation and post-implantation los
reduced embryo/fetal survival in rats at oral dosages ≥50 mg/kg/day (approximately 6-fol
exposure based on the AUC_{0-24} at 200 mg BID). These changes are expected with inhibition
taglandin synthesis and are not the result of permanent alteration of female reproductive
nor are they expected at clinical exposures. No studies have been conducted to evaluate t
of celecoxib on the closure of the ductus arteriosus in humans. Therefore, use of CELEBRE
the third trimester of pregnancy should be avoided. **Labor and delivery:** Celecoxib proc
evidence of delayed labor or parturition at oral doses up to 100 mg/kg in rats (approximate
human exposure as measured by the AUC_{0-24} at 200 mg BID). The effects of CELEBREX on la
delivery in pregnant women are unknown. **Nursing mothers:** It is not known whether this
excreted in human milk. Because many drugs are excreted in human milk and because of th
tial for serious adverse reactions in nursing infants from CELEBREX, a decision should be made
to discontinue nursing or to discontinue the drug, taking into account the importance of the
the mother.

Pediatric Use: Safety and effectiveness in pediatric patients below the age of 18 years have
evaluated.

Geriatric Use: Of the total number of patients who received CELEBREX in clinical trials, m
2,100 were 65–74 years of age, while approximately 800 additional patients were 75 years a
While the incidence of adverse experiences tended to be higher in elderly patients, no su
differences in safety and effectiveness were observed between these subjects and younger
Other reported clinical experience has not identified differences in response between the eld
younger patients, but greater sensitivity of some older individuals cannot be ruled out. In
studies comparing renal function as measured by the GFR, BUN and creatinine, and platelet
as measured by bleeding time and platelet aggregation, the results were not different betwee
and young volunteers.

ADVERSE REACTIONS
**Adverse events occurring in ≥2% of Celebrex patients from controlled arthritis trials, regar
causality at recommended doses (N=4146):** abdominal pain 4.1%, diarrhea 5.6%, dyspepsi
flatulence 2.2%, nausea 3.5%, back pain 2.8%, peripheral edema 2.1%, injury-accidental 2.9
ness 2.0%, headache 15.8%, insomnia 2.3%, pharyngitis 2.3%, rhinitis 2.0%, sinusitis 5.0%, up
piratory tract infection 8.1%, rash 2.2%. In placebo- or active-controlled clinical trials, the di
uation rate due to adverse events was 7.1% for patients receiving CELEBREX and 6.1% for
receiving placebo. Among the most common reasons for discontinuation due to adverse e
the CELEBREX treatment groups were dyspepsia and abdominal pain (cited as reasons for di
uation in 0.8% and 0.7% of CELEBREX patients, respectively). Among patients receiving placeb
discontinued due to dyspepsia and 0.6% withdrew due to abdominal pain. The following
events occurred in 0.1–1.9% of patients regardless of causality.

Celebrex (100–200 mg BID or 200 mg QD): ***GI:*** Constipation, diverticulitis, dysphagia, eru
esophagitis, gastritis, gastroenteritis, gastroesophageal reflux, hemorrhoids, hiatal hernia,
dry mouth, stomatitis, tenesmus, tooth disorder, vomiting; ***Cardiovascular:*** Aggravated hypert
angina pectoris, coronary artery disorder, myocardial infarction; ***General:*** Allergy aggravated,
reaction, asthenia, chest pain, cyst NOS, edema generalized, face edema, fatigue, fever, hot
influenza-like symptoms, pain, peripheral pain; ***Resistance mechanism disorders:*** Herpes s
herpes zoster, infection bacterial, infection fungal, infection soft tissue, infection viral, moniliasis
liasis genital, otitis media; ***Central, peripheral nervous system:*** Leg cramps, hypertonia, hyp
sia, migraine, neuralgia, neuropathy, paresthesia, vertigo; ***Female reproductive:*** Breast fibro
sis, breast neoplasm, breast pain, dysmenorrhea, menstrual disorder, vaginal hemorrhage,
tis; ***Male reproductive:*** Prostatic disorder; ***Hearing and vestibular:*** Deafness, ear abnormality, e
tinnitus; ***Heart rate and rhythm:*** Palpitation, tachycardia; ***Liver and biliary system:*** Hepatic f
abnormal, SGOT increased, SGPT increased; ***Metabolic and nutritional:*** BUN increase
increased, diabetes mellitus, hypercholesterolemia, hyperglycemia, hypokalemia, NPN increa
atinine increased, alkaline phosphatase increased, weight increase; ***Musculoskeletal:*** Arth
arthrosis, bone disorder, fracture accidental, myalgia, neck stiffness, synovitis, tendinitis; ***Pl
(bleeding or clotting):*** Ecchymosis, epistaxis, thrombocythemia; ***Psychiatric:*** Anorexia,
appetite increased, depression, nervousness, somnolence; ***Hemic:*** Anemia; ***Respiratory:*** Bro
bronchospasm, bronchospasm aggravated, coughing, dyspnea, laryngitis, pneumonia; ***Sk
appendages:*** Alopecia, dermatitis, nail disorder, photosensitivity reaction, pruritus, rash ery
tous, rash maculopapular, skin disorder, skin dry, sweating increased, urticaria; ***Applicati
disorders:*** Cellulitis, dermatitis contact, injection site reaction, skin nodule; ***Special senses:*** Ta
version; ***Urinary system:*** Albuminuria, cystitis, dysuria, hematuria, micturition frequency,
calculus, urinary incontinence, urinary tract infection; ***Vision:*** Blurred vision, cataract, conjun
eye pain, glaucoma.

**Other serious adverse reactions which occur rarely (estimated <0.1%), regardless of causalit
following serious adverse events have occurred rarely in patients taking CELEBREX. Cases re
only in the post-marketing experience are indicated in italics. ***Cardiovascular:*** Syncope, cong
heart failure, ventricular fibrillation, pulmonary embolism, cerebrovascular accident, peri
gangrene, thrombophlebitis, *vasculitis;* ***GI:*** Intestinal obstruction, intestinal perforation, gastro
tinal bleeding, colitis with bleeding, esophageal perforation, pancreatitis, ileus; ***Liver and
system:*** Cholelithiasis, *hepatitis, jaundice, liver failure;* ***Hemic and lymphatic:*** Thrombocyto
agranulocytosis, aplastic anemia, pancytopenia, leukopenia; ***Metabolic:*** *Hypoglycemia;* ***Ne
system:*** Ataxia, suicide; ***Renal:*** Acute renal failure, *interstitial nephritis;* ***Skin:*** *Erythema multi
exfoliative dermatitis, Stevens-Johnson syndrome, toxic epidermal necrolysis;* ***General:*** S
sudden death, *anaphylactoid reaction, angioedema.*

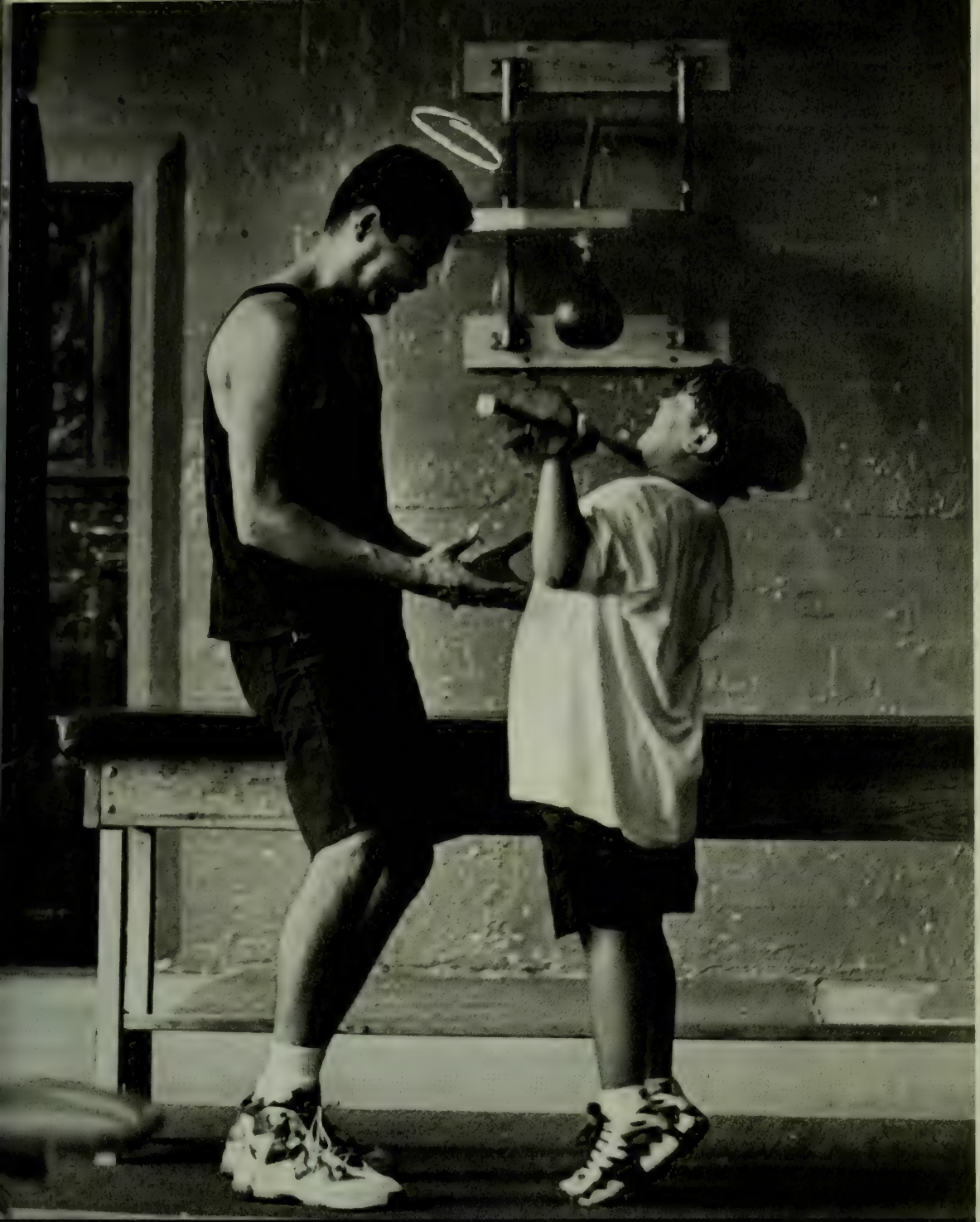
OVERDOSAGE
Symptoms following acute NSAID overdoses are usually limited to lethargy, drowsiness, n
vomiting, and epigastric pain, which are generally reversible with supportive care. GI bleedi
occur. Hypertension, acute renal failure, respiratory depression and coma may occur, but ar
Anaphylactoid reactions have been reported with therapeutic ingestion of NSAIDs, and may
following an overdose. Patients should be managed by symptomatic and supportive care foll
an NSAID overdose. There are no specific antidotes. No information is available regarding the re
of celecoxib by hemodialysis, but based on its high degree of plasma protein binding (>97%) di
is unlikely to be useful in overdose. Emesis and/or activated charcoal (60 to 100 g in adults,
g/kg in children) and/or osmotic cathartic may be indicated in patients seen within 4 hours of
tion with symptoms or following a large overdose. Forced diuresis, alkalinization of urine,
dialysis, or hemoperfusion may not be useful due to high protein binding.

~ 1/7/00 • [CE18813V] CE-18

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A LITTLE TASTE OF HEAV

by Gina Harrell

Classy little shades covered with fashionable fabrics or decorative papers can light up a whole room. They can also add a large dent to your decorating budget. Here is how to create custom-covered shades with trendy fabric or pretty paper.

Lamp Lighteners



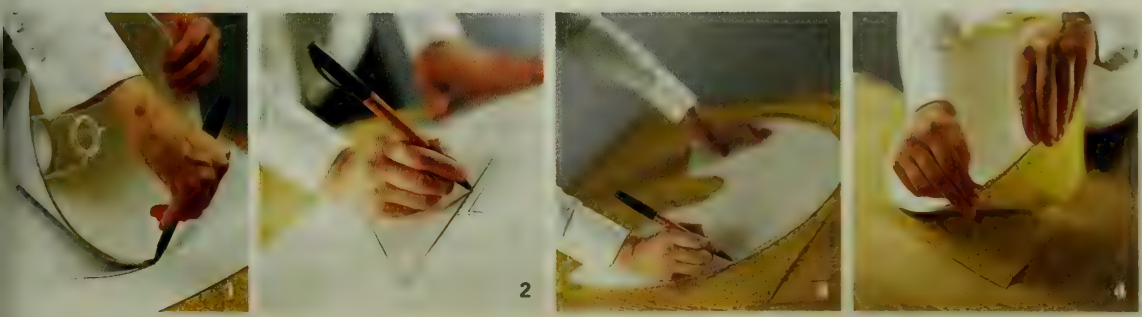
or a persoanlized shade, start with an inexpensive aper shade for the base, then add your cover di- ectly to the outside. Look for fabrics and papers that ave plenty of body and a non-directional design. ollow the instructions (*below*) to make your pattern rst, then use the pattern to determine the size of our cover material to avoid piecing.

. Lay the shade, seam side down, on a large piece of aper. Starting at the seam, roll the shade around the aper, tracing the upper edge as you roll the shade. ontinue tracing until you reach the seam again. This ill give you the shape for the top edge. Place the hade at the same starting points and repeat the olling and tracing process, this time creating the ottom edge.

. Using a straightedge, join the top and bottom lines t the traced starting and stopping points. Mark another line to cut along, 1 inch beyond the top and bottom lines. This will allow the edges to be turned to the inside, giving a nice finish. Mark an overlap line 1 inch beyond one of the straight lines.

3. Cut out the pattern. Lay it over the shade to check the fit. Remember that it will extend 1 inch at the top and bottom and overlap 1 inch at the seam. Make any necessary adjustments. Trace the pattern onto the decorative paper or fabric.

4. Apply spray adhesive to the shade and the wrong side of the cover according to the adhesive manufacturer's directions. Starting at the edge of the cover and the seamline of the shade, roll the shade over the cover. Smooth and press the cover into place. Use double-sided tape to hold the overlap down tightly. If necessary, use double-sided tape on the top and bottom edges.



by Sarah Egge

Folding Screen



Canvas stretchers from the art supply store make the frame for this lightweight screen (*right*). The stretchers are sold in individual lengths, so you can create any size screen. The ends of the stretchers interlock, and small wood points (*below*) square the corners. Once assembled, the frame is sturdy enough to add fabric and hinges.



When you're lucky enough to steal time away for an herbal soak, you want to feel removed from the hustle and bustle of the household. This sheer folding screen is just the kind of temporary barrier you need. Easily constructed of artist's canvas stretchers and sheer fabric, it softly diffuses light through the colorful panels. It stores flat and is lightweight enough to be moved anywhere in the house as needed to filter sun from a window, for instance, or hide clutter in a corner.

The panels are framed with wood canvas stretchers, which you can purchase in various sizes at most supply stores. This screen requires eight 12-inch stretchers and eight 48-inch stretchers. Fit the stretchers together to form four rectangles, then stretch fabric over the front and back of the panels and fold and staple in place along the edges. Link the panels with hinges, hiding the hinges under the fabric.



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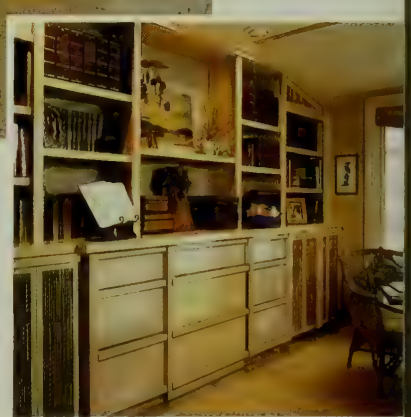
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Hide-Away File Cabinet

Space is at a premium in most spare bedrooms. So when Carole Harkins of Kentfield, California, decided to turn a rarely used guest room into a home office, an efficient storage plan took top priority.

Instead of settling for a hodgepodge of freestanding shelves and file cabinets, Carole planned a wall of built-in bookcases. The scheme's brightest idea is a portable filing unit equipped with small casters. Carole can roll the cabinet to her desk or to another room when she needs her files close by. Otherwise, the unit slips almost seamlessly into the wall of built-ins.

Carole uses surrounding drawers and shelves to store the rest of the paperwork, books, and supplies for her interior design business. Most of the shelves adjust to accommodate different-sized photo albums, sample books, and art pieces. A reed-fronted cabinet near the window even houses a small TV and a VCR.



Nine drawers, including six designed for hanging files, provide plenty of storage (*above*) for Carole Harkins' home-based business. The two-drawer filing unit at the center of the cabinet scheme slides out (*top*) so it can be pulled up to the desk.



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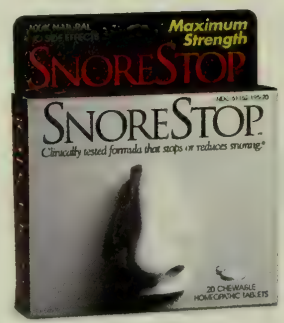
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Cleaning Pillows

To freshen up your decorative pil lows, give them a quick cleaning Separate the pillow from its cover, i possible, and wash just the cover Some fabrics require dry cleaning but cotton covers, such as chenill and chintz, can be gently machine washed in cool water and dried at low temperature. You can spot clean the cover with a stain remove before washing, but test the cleane first on an inconspicuous area.

To wash a pillow that does no have a removable cover, place th pillow in a mesh laundry bag or zippered cotton pillow protector. Fil your washer with warm water adding the usual amount of deter gent. Let the detergent agitate t dissolve. Immerse the pillow until i is completely wet. Add bath towels t balance out the load. Let the pillow agitate on a gentle cycle for 10 min utes, then rinse twice. Dry the pillow at a medium-warm temperature fo about an hour. Toss two clean white tennis balls into the dryer with the pillow; they'll bounce around and fluff it.

Trims and other decorations are often the most fragile and leas colorfast parts of a pillow. Le professionals deal with pillows tha are heavily accented. But you can clean a pillow at home if it has wash able trim, such as cotton fringe, o sturdy trim, such as buttons.

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. . .the Maison Lenoir® collection from Broyhill® embodies all the elegance of French design without any distracting embellishments. Clean, classic lines of Louis Philippe styling accentuate the beautiful deep cherry-stained finish. The enticing Sleigh Bed[1], below, was inspired by old-world carriages in which travelers snuggled beneath cozy wraps. Also shown: Night Stand and Drawer Chest. Inset: Drawer Dresser and Landscape Mirror.

[1]Queen bed shown. King and California King also available.



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What could be more elegantly understated than this classically designed Double Pedestal Table, above, with matching Upholstered-Back Arm Chairs and Upholstered-Back Side Chairs? The China features glass shelves and lights above and ample storage space below. At right, the Dining Chest, with glass front, offers a beautiful display area for smaller spaces.





The versatile youth collection is available in two finishes: the cherry-stained finish shown or a pristine white. The desk components can work individuall or as a group, and provide plenty of storage options for growing children and teenagers' electronic needs. Selections shown: Youth Sleigh Bed; Night Stand; Corner Computer Hutch; Corner Comput Base; Bachelor Chest; Small Hutch Large Hutch; Student Desk, and Desk Chair.





Maison Lenoir®

Broyhill®



op: Indulge in comfortable elegance with this beautifully woven floral
cquard Sofa[2] with two contrasting pillows. The French floral of the
hair-and-a-Half[2], with Ottoman[2], is the perfect complement to the rich
herry-stained finish of the Chairside Chest, Storage Cocktail Table and
ntertainment Wall System[3].

hown open above: the Center Entertainment Unit[3] is a handsome accent
at affords a multitude of storage options for electronics. Optional add-ons
r book and art displays include an Open Unit; Door Unit, and two
orner Units.

t right: the side-by-side Entertainment Center[3], with pocket doors, TV
ack panel, adjustable shelves and three drawers, is a perfect solution for
maller rooms.

pholstery pieces available in other fabrics. Select frames also available as sleepers.
nit accommodates most 32" televisions. Check the dimensions of the product and your
dividual TV for compatibility before purchasing.



Settle into classic comfort with this jewel-toned plaid Sofa[2] (with two pillows), contrasting Chairs[2] and Ottoman[2]. The Entertainment Armoire[4] (shown open at left) is another elegant and space saving option for all your audio and video components. Other selections shown: Door End Table; Chairside Chest, and Storage Cocktail.

[4]Unit accommodates most 42" televisions. Check the dimensions of the product and your individual TV for compatibility before purchasing.

All items may not be available at all locations. Furniture items may be specially ordered. AD#837. ©2001 Broyhill Furniture Industries, Inc.

For a free copy of "Visions," our 26-page decorating guide, call Broyhill Consumer Assistance at 877-346-5383. Visit our website at www.broyhillfurn.com.

Maison Lenoir has a cherry-stain finish over cherry veneers and wood solids. In selecting materials, designers and engineers at Broyhill create value by designing products that use a combination of solid wood, selected veneers and grain-engraved composite wood cores. Matching grain engraving is used on plastic tops and backs of wall systems, hutches and china decks.

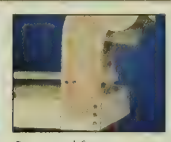
The Broyhill Differenc



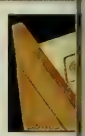
For added strength, Broyhill incorporates dovetail joints on Maison Lenoir bedroom and dining room drawers. Also, positive-stop guides mean drawers will slide easily but not tilt or fall when fully extended.



High resilience (HR) foam, recognized as the highest quality cushioning material available, means your Broyhill sofa cushions will keep their shape and comfort.



Our wood frames are strengthened by screw and glue blocks as well as double dowel joints that will endure years of everyday use.



Look in th
left drawe
under the
cushion a
make sur
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Look In The Drawer & Make Sure It's Broyh

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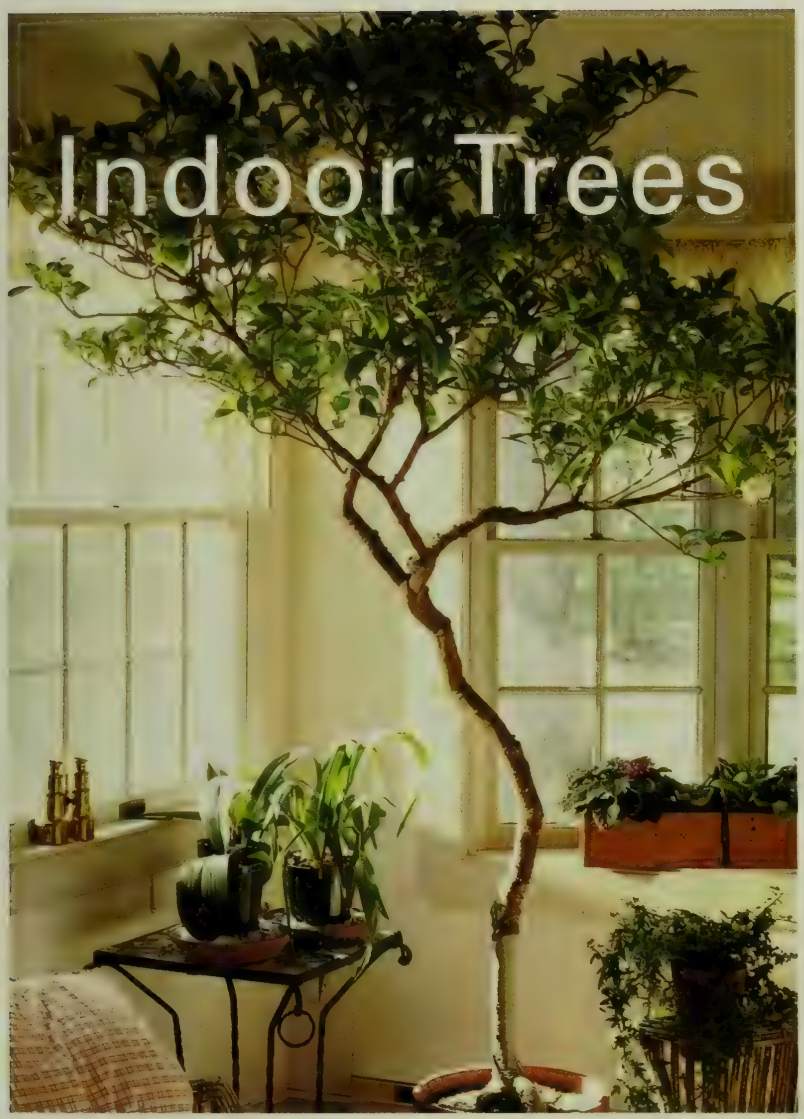
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Indoor Trees For All Year-Round

by Craig Summers Black

Now that your Christmas tree is but a memory, here's a proposal to forest the house forever. Many trees are quite happy indoors. They don't seem as fussy—in looks or care—as little potted plants, and they make a bolder statement. This tall gardenia (*above*) is limbed, clipped, and—ah!—fragrant.

continued on page 114

Indoor Trees for All Year-Round

continued from page 113

A fig at your fireside



The ornamental fig is an exceptionally easy tree to grow indoors. A bonus is that it will attain tree-like stature while remaining in a proportionally compact container. This fig (*Ficus lyrata*) basks in the warmth and low humidity of your cozy house (cozy for you perhaps, but not for all plants). Note the lovely ruffled leaves and architectural structure.

continued on page 116



If you're going to have a cookie, have a cookie.



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Indoor Trees for All Year-Round

continued from page 114

The evergreen for every month

The subtropical Norfolk Island pine can withstand tons of abuse (and, yes, to a plant, household conditions do constitute abuse). While you may have seen these trees in nature as towering Erector sets, in pot culture they are slow growers. Bonus: Next December, you can decorate your *Araucaria heterophylla* instead of buying a cut tree.



continued on page 118


looks like someone's
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Indoor Trees for All Year-Round

continued from page 116

The most forgiving of palm trees

The Victorians went nuts for the Kentia palm (*Howea forsteriana*) because it was one of the few plants to withstand those gloomy parlors and unpredictable heating. You, however, have much more suitable conditions for this palm, so it should be all the happier. This tree is slow-growing to the extreme, so buy a plant tall enough to suit you *now*.



continued on page 121

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The esteemed artwork of Thomas Kinkade inspires the hand-painted sculptural horse-and-sleigh toppers



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"Victorian Christmas II"

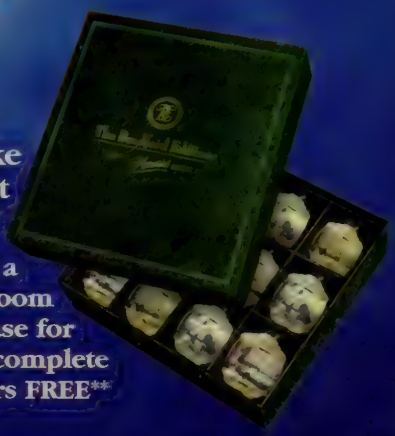


"Victorian Christmas"



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Indoor Trees for All Year-Round

continued from page 118

Citrus for fruit, flowers, and fragrance



With a little nurturing and a lot of light, citrus trees such as this navel orange (*Citrus sinensis*) will perform indoors just as you would expect it to in the groves of Florida. You will need to help out your citrus by keeping it evenly watered and feeding it a balanced fertilizer. In winter, the leaves may turn yellow, in which case it needs a dose of iron chelate.

Buying information, page 98

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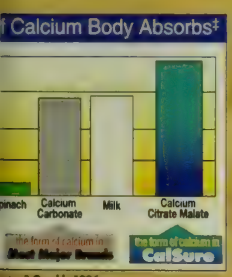
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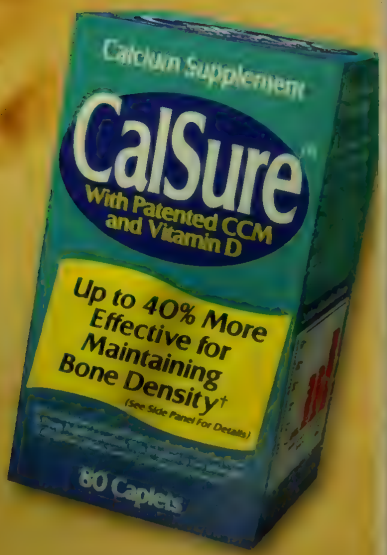
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Softsoap 2 IN 1 more than just clea

by Doug Hall



cozy in a big way

Paula Manchester's home sits snug and secluded in a lush landscape. But it hasn't always been that way. Ten years ago her small corner lot offered no privacy, and the flat terrain was as stark as a putting green. Here's how Paula, a self-taught gardener, transformed her world.

A white picket fence out front establishes an English cottage garden mood, says Paula Manchester (*below*). Informal plantings on both sides of the fence reinforce the theme.





Many do-it-yourself landscaping projects begin with a row of shrubs along the foundation. But Paula, who lives in Setauket, New York, started planting at the curb. To give her overexposed yard some privacy, she built soil berms around the perimeter of the lot and planted them densely with trees and shrubs, both deciduous and evergreen. After almost a decade of growth, this leafy screen shields the house from the street. Gaps in the trees, such as the opening at the front gate, frame views into the yard. And the sculpted berms, 2 to 3 feet tall, give a gentle roll to the once-flat landscape.

"Structure is the key to everything," Paula declares. In this garden, structure refers not just to the arbors, paths, and fences, but also to the trees and flowering shrubs that form the four-seasons backbone of the planting beds. Broad beds filled with bulky shrubs, such as hydrangeas, rhododendrons, witch hazels, and hollies, provide year-round color.





Shrubs wrap around the patio in a floral embrace (*left* and *opposite*). Pink rhododendron Roseum Elegans, climbing William Baffin roses, and the fragrant white *Viburnum* x *burkwoodii* provide shelter and screening; an arbor serves as door. A clematis (*above*) climbs alongside Zéphirine Drouhin roses.

At the same time, these substantial beds partition the yard into a series of intimate, enclosed spaces.

With the addition of outdoor furniture, Paula turned several of the enclosed garden areas into leisure-time destinations: a covered bench at the end of a shaded path, an Adirondack chair with a garden view, and a table and chairs on the brick patio. A grass path—all that's left of the original lawn—sweeps from front yard to back, serving to link all the garden rooms.

"As I added beds and borders, the wide lawn evolved into winding lawn paths that connected one area to another," Paula says. "The borders got wider and the lawn got smaller." The open feeling in this corridor of lawn is a counterpoint to the yard's



The site plan

A perimeter planting of trees and shrubs (A) gives Paula's house the look of a cottage in the woods. The lawn shrank as Paula's passion for gardening grew. What's left is a backward S-curve that connects the yard's features: a cottage-style entry garden (B), a brick patio (C), a cut-flower garden (D), a potting shed (E), and a vegetable plot (F). The lot measures 85 feet by 150 feet.





"I put in a brick path (*left*) to replace the black asphalt walk," Paula says. "And I curved the path rather than making it straight, as it had been." The vista ends at a picturesque garden shed.

Paula lives on New York's Long Island, where beautiful examples of picket fences and gates abound. Her side gate (*right*) allows access through the living "wall" that shelters the house from the street.

With the addition of bluestone pavers and an Adirondack chair, a narrow side yard (*opposite*) has become a favorite spot for Paula to enjoy the garden. The pink climbing rose, Zéphirine Drouhin, is thornless.

Instead of placing the covered bench in a prominent spot, Paula tucked it away in a far corner of the yard (*left*). Seen in tantalizing glimpses from the rest of the garden, it beckons with the promise of secluded respite. Nearby, *Clematis montana rubens* (*below*) shares a trellis with a purple clematis whose name has been forgotten.



small nooks and refuges.

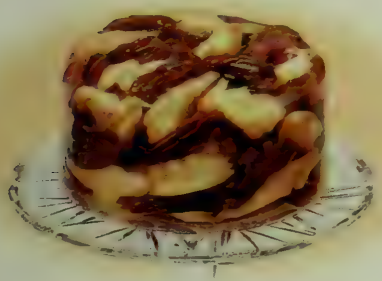
Paula began her landscaping project with little knowledge of gardening or design. Ten years and many turnings of the compost pile later, her yard is a showplace, and Paula has become an enthusiastic gardener. "The creative part of gardening keeps me going," Paula says. "I am creating a world within a world. My quarter-acre has begun to feel big."

Still, she admits that the idea of gaining privacy didn't work out quite as she'd planned. "Now that I have a garden that's interesting to the neighbors, I have no more privacy. They come over and stop and look." With a sigh and a smile, Paula leaves the gates unlatched.

Buying information, page 98

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classic & clean colonial style



by Candace Ord Manroe

Bill Thomas enjoys giving his wife, Susan, a hard time about the furniture she buys: "She won't even consider it unless it's old, falling apart, and costs a lot of money!" Sound familiar? Now take a look at Susan's smooth comeback—a sophisticated update on Colonial style that's so soothing Bill has nothing left to carp about. Serenity snuggles in thanks to creamy, crewel-covered chairs (*above*) and Susan's collection of sculptural ironstone, showcased one piece at a time.



"It's my turn"

to decorate, Susan decided, after living for five years in this reproduction saltbox home in Maryland's Baltimore County. Their children, Caitlin, 17, and Christopher, 20, are maturing. No more excuses for trading in family-friendly blues and reds for the airy look Susan admires. She painted over dull white walls with a melt-in-your-mouth buttery yellow. (It took seven tries and a patient painter to get the right warmth.) Then she swapped colored patterns for chic country whites. "I especially wanted a softer feeling in the living room," Susan says. "I love the look of creamy whites in a sunlit room, and I think white really shows off the antiques to their best advantage." Designer Missy Connolly helped to mix textures. For example, "Doing the two club chairs in this scrumptious crewel added interest," Susan says. Button-back slipcovers on exposed-wood "Martha Washington" chairs lend a new kind of dash. Chairs with open arms stand ready to embrace and the sofa (*right*) bares a peek of its curvy leg—as if all will waltz away together. And that's the kind of slightly offbeat design step Susan relishes.

Susan, a retired marriage and family counselor, believes that "a home should reflect the family who lives there."

White upholstery hints at the couple's nearly empty-nest status. The rug's large checks, known as Buffalo checks, recall a Colonial motif, but the creamy hue says today.





I like the idea that our home has been re-created at different times throughout our life together," says Susan. An old tavern table topped with a barley-twist lamp shows Susan's comfort with mixing various wood finishes.



Round wooden cheese container tops—one of Susan's favorite collections—are called into duty during dining as ideally sized chargers. "If you turn them over, a lot of them say 'cheese' on the other side," says Susan.

Still, Susan didn't want the entire house to be the design equivalent of white noise. In the sitting room just off the living room, she cranked up the style decibels. "I found a photo of a red-and-white Buffalo check in a magazine, but I had the hardest time matching the fabric," she says. "You can find a Colonial red, but not this bright berry." Holding out for the happier hue made all the difference. The wing chairs and tight-back settee are pure Colonial in form, but now have a contemporary attitude.

The dining room dusts off Colonial style for a peek at its contemporary attributes: pristine beauty in a stair-step collection of white ironstone pitchers and the clean geometry of reproduction Windsor chairs (sturdy enough to please Bill).





The Thomases found the coffee table (*above*) covered with paint. Stripping it revealed circa 1700 peg nails and a former life as a Colonial-era tavern table.

Susan fell in love with the dining room sideboard (*left*) in an antiques shop, where it was used as a service counter. The owners wouldn't sell. Years later, when the shop closed, the counter happily found a home.





An addition to the back of the house meant more access and attention to the backyard. A brick patio and a pond (*far left*), created by son Christopher, now lure the family outside.

Having formerly lived in a 200-year-old home, the Thomases loved Colonial architecture. So they bought this slant-roofed, symmetrical, saltbox-style house (*left*) without hesitation.





Susan and Caitlin spend quality time in the new conversation-conducive kitchen (*left*). The new family room (*above*) is a haven for Ellie, an Australian shepherd dog.

When Christopher hit a growth spurt at about age 11, a move or a major remodeling was in order: He had to duck to enter the low-pitched kitchen. Adding an open kitchen/family room onto the back of the home allowed the Thomases to stay put. An old armoire ("but not as old as the date painted on it!" says Susan) makes artful quarters for the TV in the cozy family room. The efficient U-shape kitchen allows Susan to cook for guests or family, perched close by on barstools, without missing a conversation. As one who loves to both cook and decorate, analytical Susan sees connections between the two: "I love process. In cooking, I love the chopping, slicing, and dicing as much as I enjoy the presentation and the meal. In decorating, I love the hunt for the perfect object. Everything has a story."



Simple checked tab curtains, an unembellished oval mirror, and a single ironstone pitcher give the master bedroom its fresh-swept American look.

"I would rather live with an empty shelf for 10 years than buy everything to fill it all at once," Susan says. "These antiques are like members of our family—when we move, they move with us." The sturdy cannonball bed in the master bedroom moved with the Thomases from Connecticut to Maryland, as did the log-cabin quilt. About the only thing that isn't purely personal in the room is its palette: Susan kept the builder's blue-and-white scheme intact, then made the space her own with her personal expression of simplicity—an approach that clears the cobwebs for a clean Colonial style.

Buying information, page 98

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relaxation rooms

by Shawn Gilliam

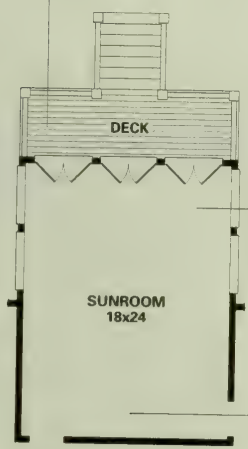
Home has traditionally provided an escape from the business meetings, pop quizzes, traffic jams, and other worries of the day. But the idea of leaving everything behind as you pull into your driveway is more like a dream than a reality. As the home expands to include functions once kept at the office and school, getting away means setting aside an escape where you live. Consider this your relaxation room. It could be a screen porch dedicated entirely to kicking back, or maybe just a cozy corner of your bedroom. Go ahead, swap the grainy glare of a computer screen for the soft sounds of a jazzy CD. No meetings, no quizzes, no traffic jams.



Windows fill in the gable to maximize light and provide tall, treetop views. A ceiling fan reaches down to stir the air on warm days, but light fixtures are recessed so they don't block windows.

bright and breezy sunroom

The often confining days of winter convinced Pat and Matt Dolliver to build a year-round sunroom onto their home in suburban Kansas City, Kansas. Moldings, overhead beams, and windows feature simple lines and are brushed with crisp white paint. Eight-foot-high French doors—some of which are fixed shut to serve as windows—wrap three sides of the room. "It's beautiful to be here at night and to see the moonlight coming in through the windows," Pat says. "It's just like in the movies."



DECK

- Provides enough room for sitting with morning coffee
- Steps down to the yard and a larger outdoor table

DINING AREA

- Overlooks yard and gardens
- Doubles as a place to play cards and board games

SITTING AREA

- Backs away from windows to take in total view
- Blends in older furniture using slipcovers







White paint covers the structure, even on the outside (*right*). Matching furniture pieces, including the wicker chairs on the deck (*above*), stick with the scheme. But because the Dollivers are antiques dealers, they also enjoy the contrast of darker furniture, such as an 1800s trestle table (*far right*).

PHOTOGRAPHS: ROBERT CONTRIBUTOR; SUSAN ANDREWS; ILLUSTRATIONS: CARSON ODE

cozy and quiet bedroom

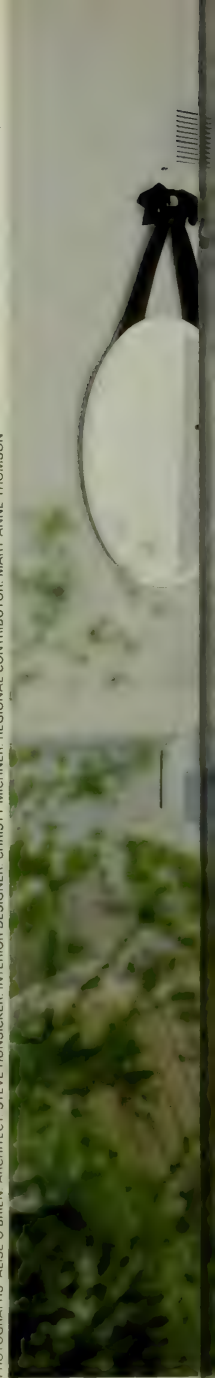
Windows overlooking a lush yard bring calm to the master bedroom addition Christy and Karl Michner built onto their St. Louis-area home. An interior wall set on a diagonal maximizes views by skewing the bed toward a small back porch and the views beyond. "What guided me is the inside/outside relationship," says architect Steve Hunsicker. "The addition brings the house to the ground and its gardens."





A bedside chair (*top*) is a cozy spot to curl up with a book. On summer days, lounging moves to the adjacent deck (*above*).

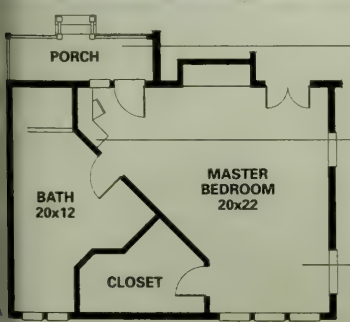




PHOTOGRAPHS: ALISE O'BRIEN. ARCHITECT: STEVE HUNSICKER. INTERIOR DESIGNER: CHRISTY MICHNER. REGIONAL CONTRIBUTOR: MARY ANNE THOMSON

The built-in desk (*left*) serves as a handy spot to write a letter without giving up fresh air and warm sunlight.

A simple white-on-white scheme prevails in the bedroom. The built-in dresser/TV cabinet, however, features a cherry stain to echo woodwork elsewhere in the house.



PORCH

- Offers quick access to nearby deck
- Allows view of flowerpots from bed

BUILT-IN FURNITURE

- Saves space by squeezing into nooks
- Complements freestanding furniture

READING AREA

- Nestles into corner with windows
- Provides space for up to two chairs



Separate vanities give Liz and Joe plenty of elbow-room during the morning rush. To boost sunlight in the bath, Liz traded a mirror at her vanity for a window. A mirror over a separate makeup table (see *page 152*) serves her needs just fine.

clean and cool bath

Adding on a well-equipped master bath was the first change Liz Stelow and Joe Dinunzio made after buying their home near Los Angeles. A glass-enclosed shower and deep whirlpool tub are the most refreshing features, but French doors opening onto a porch add to the room's take-it-easy feeling. "It's funny, but this is a place where we linger," Liz says. "When we're getting ready to go out or getting dressed in the morning, we really don't want to rush."





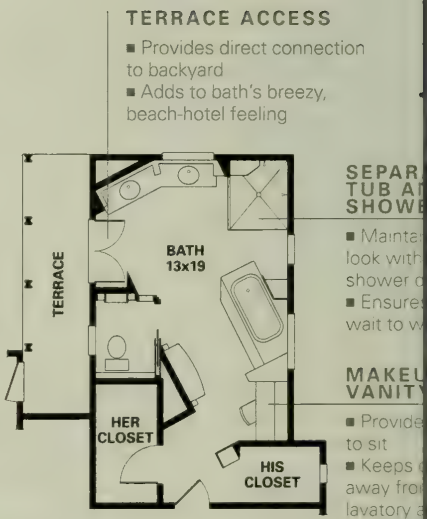


Reproduction hardware and marble countertops give the vanities (*right*) and a linen/display cabinet (*below left*) a look appropriate to the home's 1906 vintage. Glass on these cabinet doors and at the shower enclosure (*below right*) freshens the look and conveys the relaxed, open-air atmosphere the homeowners wanted.

PRODUCTION ARCHITECT: INC ABRAMSON. STRUCTURAL ENGINEER: BRAD SMITH. BUILDER: GLENN LAMBDIN. REGIONAL CONTRIBUTOR: LAURA HULL



A nook for towels and robes (*left*) wedges into a slice of space between the tub and shower. Smart storage extends to the makeup vanity (*below*), which boasts plenty of drawers for toiletries. The sconces that shed light onto the table are made of gray metal and frosted glass, fitting the bath's subtle scheme without veering far from the rest of the home's historical look.



Cool shades of white and aqua come together in a soothing design via glass cabinet doors, ceramic floor tiles, and wall paint. Crisp lines in the cabinets and moldings complement the colors, although slightly angled walls (see plan, *right*) give the room a more interesting shape.

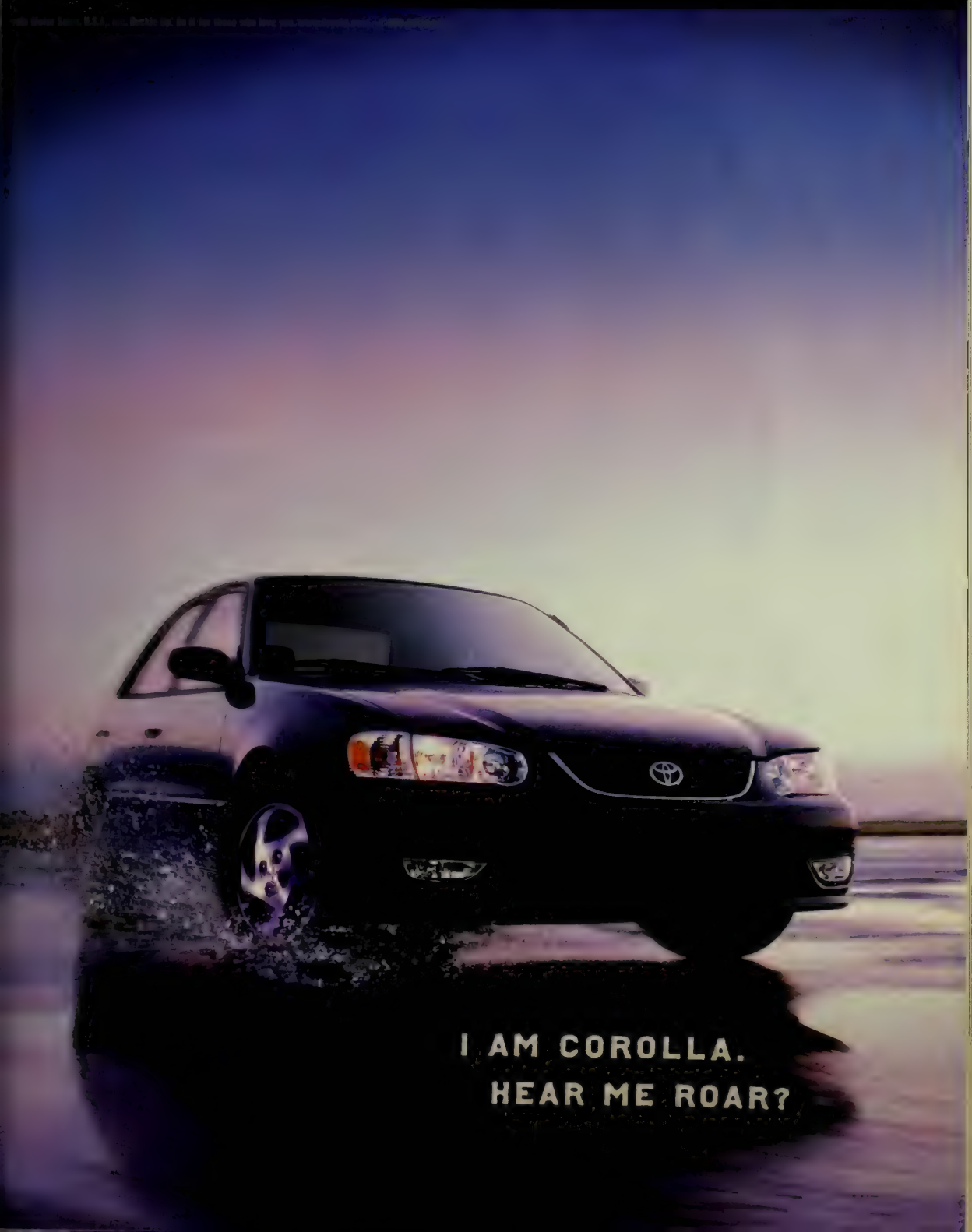
Four windows and a pair of French doors let light and cool air spill inside. Window coverings and door panels made of a sheer material offer privacy without blocking the sun or detracting from the architecture. "It's relaxing when the sheers flap in the breeze," Liz says.

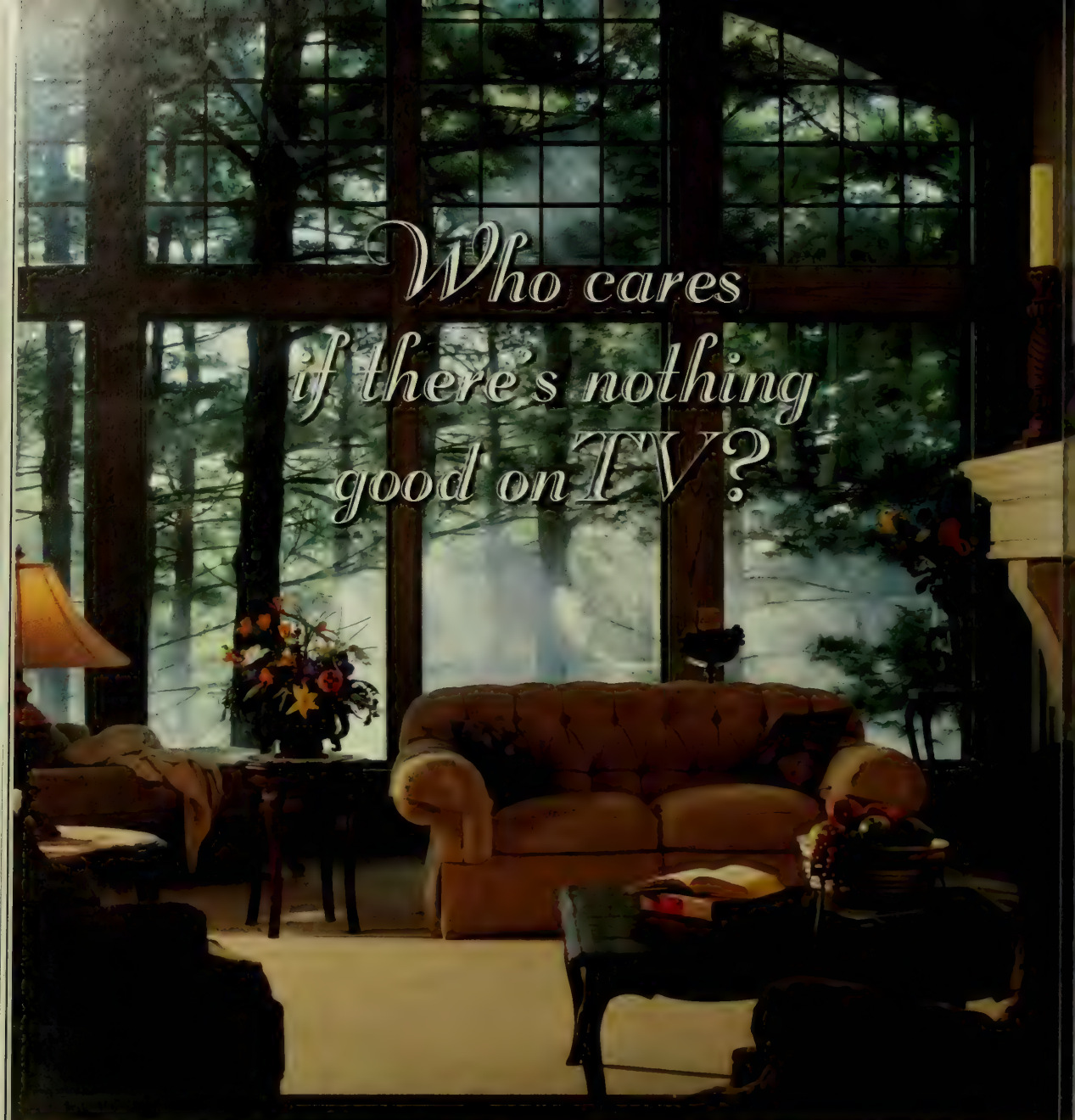
Buying information, page 98



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by Kay M. Sanders

kitchens with character



One-of-a-kind kitchens are often flavored by their settings or their owners' personalities—or both. Join us for a pictorial tour of two character-laden kitchens that purposefully stray from the norm. The farmhouse-style kitchen shown *above* blends beautifully with its setting—a 1920s-era home with a distinctively French accent. The second kitchen, which was reshaped, refurnished, and reborn as a nonconformist, expresses its owners' bent for whimsy and surprise.

The French Connection

Mellow and rustic, this eat-in kitchen would be completely at home in a venerable old manor house in the French countryside. Instead, it's in an 80-year-old house in Atlanta.

The architect of this home was stationed in France during World War I. He came to admire the elegant shapes, the mellow woods, the earthy colors, and the natural textures of rural French architecture. And so, he re-created that ambience in the home he designed and built for his family in the 1920s.

As decades passed and new owners moved in, most of the house retained its Gallic charm. Except for the kitchen. It was modernized in a 1950s remodeling.

Current owners Joanne and King Sims knew from the day they signed the closing papers on this house that a kitchen renovation was in their future. "There was no question that we had to gut the kitchen and start over," says Joanne. "It had great bones but needed major work." They turned the project over to architect Keith Summerour and the Guyton Design Group. The goal was to restore the look of a French farmhouse kitchen in this 14×20-foot space.

A peninsula and an overhead beam divide the work core and the dining nook (*right*). The beam also marks a change in ceiling height. To save space, the microwave oven was inserted in the end of the peninsula. The fireplace (*below*) is built at counter height. Firewood is stashed in the arched niche beneath it.



PHOTOGRAPHS: EMILY FOLLOWILL. ARCHITECT: KEITH SUMMEROUR. INTERIOR DESIGNERS: GUYTON DESIGN GROUP. REGIONAL CONTRIBUTOR: LISA MOWRY





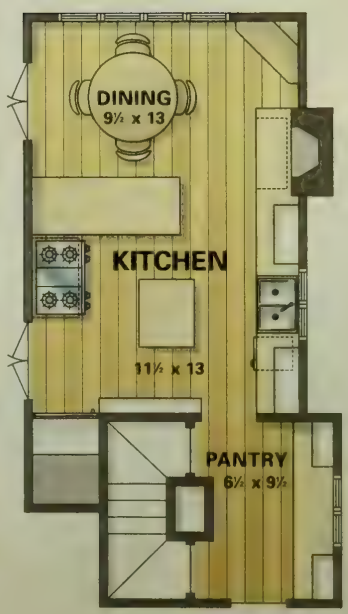


Out went the old painted floor and the cabinets with laminate counters. In came an even older floor, made of reclaimed heart-pine planks. Old beams of the same wood were nailed to the 8-foot ceiling in the dining nook. "Kathy Guyton and I really liked the coziness of the low ceiling and wanted to use it as an asset, rather than tear it down," says Joanne.

New cabinets with limestone counters were built to match original cabinetry in the butler's pantry. On the backsplashes, tumbled-marble tiles invigorate the scheme with rich texture. Natural-wood accent pieces further enrich the room's rustic appeal: an antique chopping block, two armoires, and a round drop-leaf table. The armoires provide bonus storage space.

The pièce de résistance is the brick-lined fireplace. It's a European touch that looks centuries old, says Summerour.

C'est magnifique!



Homeowner Joanne Sims liked the look of the old cabinets in the butler's pantry, so she had the style duplicated for the kitchen (*left*). A serious cook, Joanne opted for a commercial range (*above*). French doors—of course—beside the range and in the dining nook open the kitchen to a courtyard and a gurgling pond.

Touches of whimsy energize the period flavor of this kitchen, which is in a historic neighborhood in Atlanta. The pantries resemble refrigerators, overhead lights number in the dozens, dishes are stacked in a stair-stepped hutch, and mobiles of brightly colored little people flutter from the ceiling.

Izzy and Mike Semrau's kitchen is clearly unconventional. Even the surfacing materials don't seem to be synchronized. "I didn't want any of the surfaces or sides to match," says Izzy.

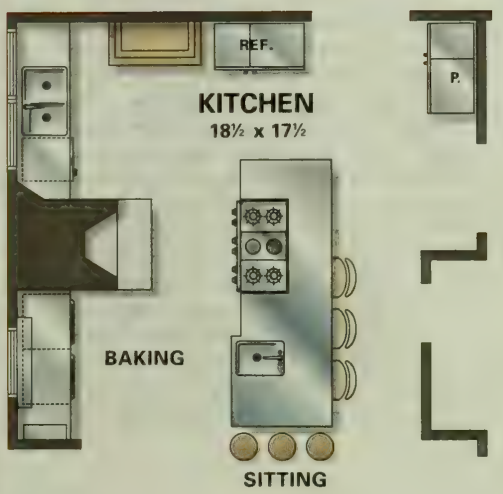
Eclectic Whimsy



2









Who would believe the eclectic kitchen (*far left*) is in a house built in 1910? Owner Izzy Semrau is a pro chef, so she had every inch crafted for efficiency. Even the fireplace gets used for more than warmth: Izzy cooks fish and smokes meat in the brick-encased flue.

Multiple seating areas in the family room (*top left*) provide relaxation and play space aplenty for Mike and Izzy, their visiting children, and their grandchildren. The sofa faces a media cabinet, which is flanked by built-in benches. The trilevel cabinet mimics the china hutch.

Stained glass windows embellish the sink wall (*bottom left*). The cabinets are natural maple; the counter is 1½-inch-thick granite. The island (*above*), sheathed in oak and painted black, hosts a snack counter, cooktop, vegetable sink, and shelves.

PHOTOGRAPHS: EMILY FOLLOWILL. KITCHEN DESIGNER: SHIRLEY MCFARLANE, CKD. INTERIOR DESIGNER: JOHN OETGEN. REGIONAL CONTRIBUTOR: LISA MOWRY



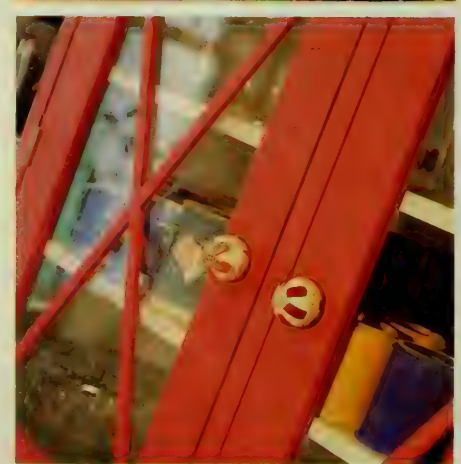
Kitchen designer Shirley McFarlane praises the whimsical touches that Izzy added to spice up the design. "Most people wouldn't do it, but she's so adventuresome."

In reality, however, this kitchen is superbly designed, a how-to lesson in blending materials. After all, Izzy is a chef and restaurateur. Kitchen efficiency is her stock-in-trade.

McFarlane helped her map out three workstations: a baking alcove, a cooking island, and a cleanup area. Each station has its own appliances and utensils, plus counter materials that correspond to the tasks performed. In the baking alcove, granite counters offer a smooth surface for rolling dough, and near the main sink they speed cleanup. Stainless steel covers the 4×12-foot island, where Izzy prepares daily meals.

A pullout pantry is concealed behind stainless-steel panels (*left*) that match the refrigerator and freezer doors. "It's unusual to hide a pantry by finishing it with stainless steel as if it's a refrigerator," says designer Shirley McFarlane. "Most people have the refrigerator paneled to look like cabinetry."

The Semraus' love of colorful artwork inspired hand-painted knobs (*bottom left*) on the red china hutch, which was built to resemble a Victorian-era stacked cabinet. Side-by-side ovens sit beneath a granite counter in the baking center (*below*). Izzy hangs bakeware and utensils from a pegboard for quick access.



Buying information, page 98





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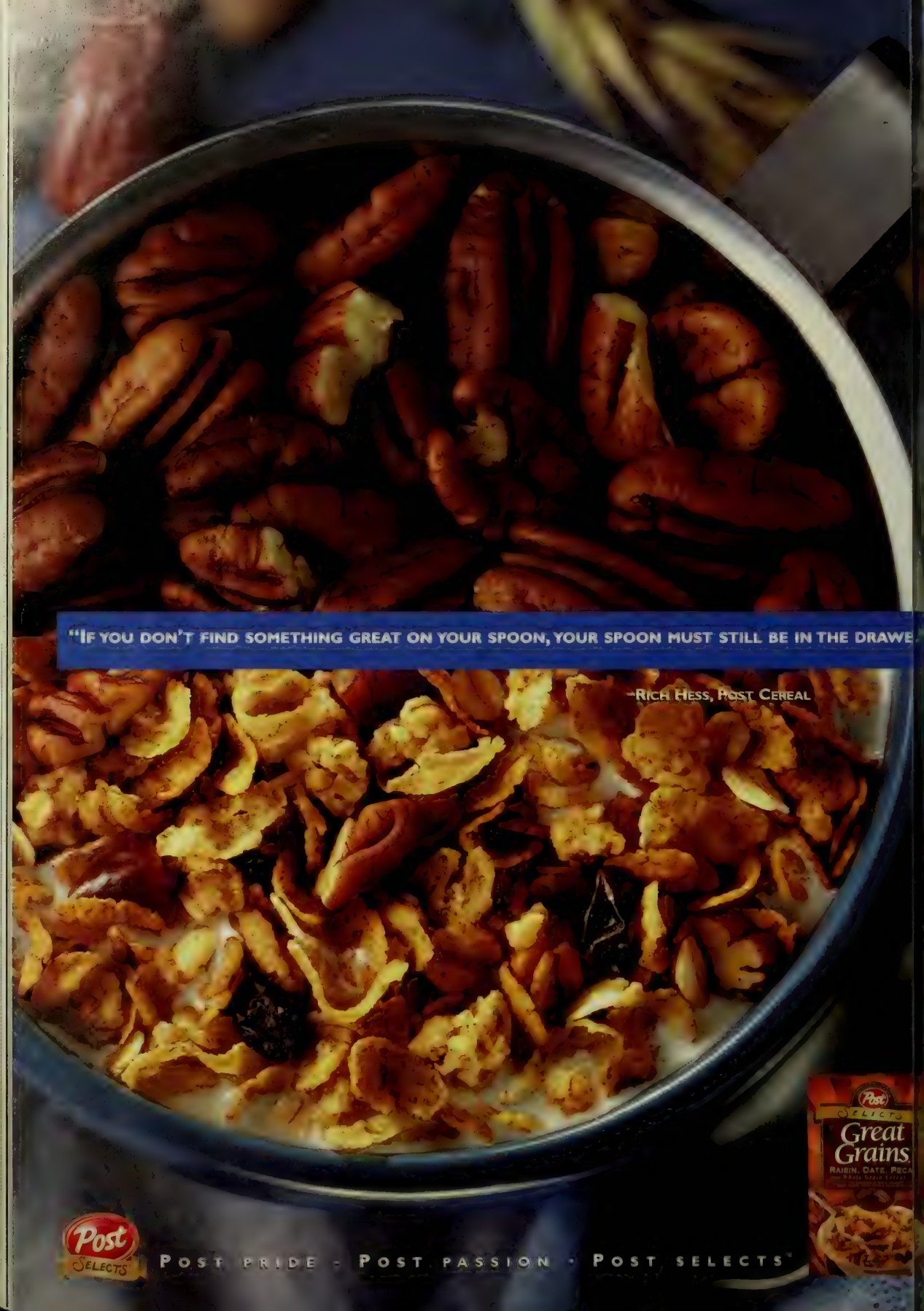
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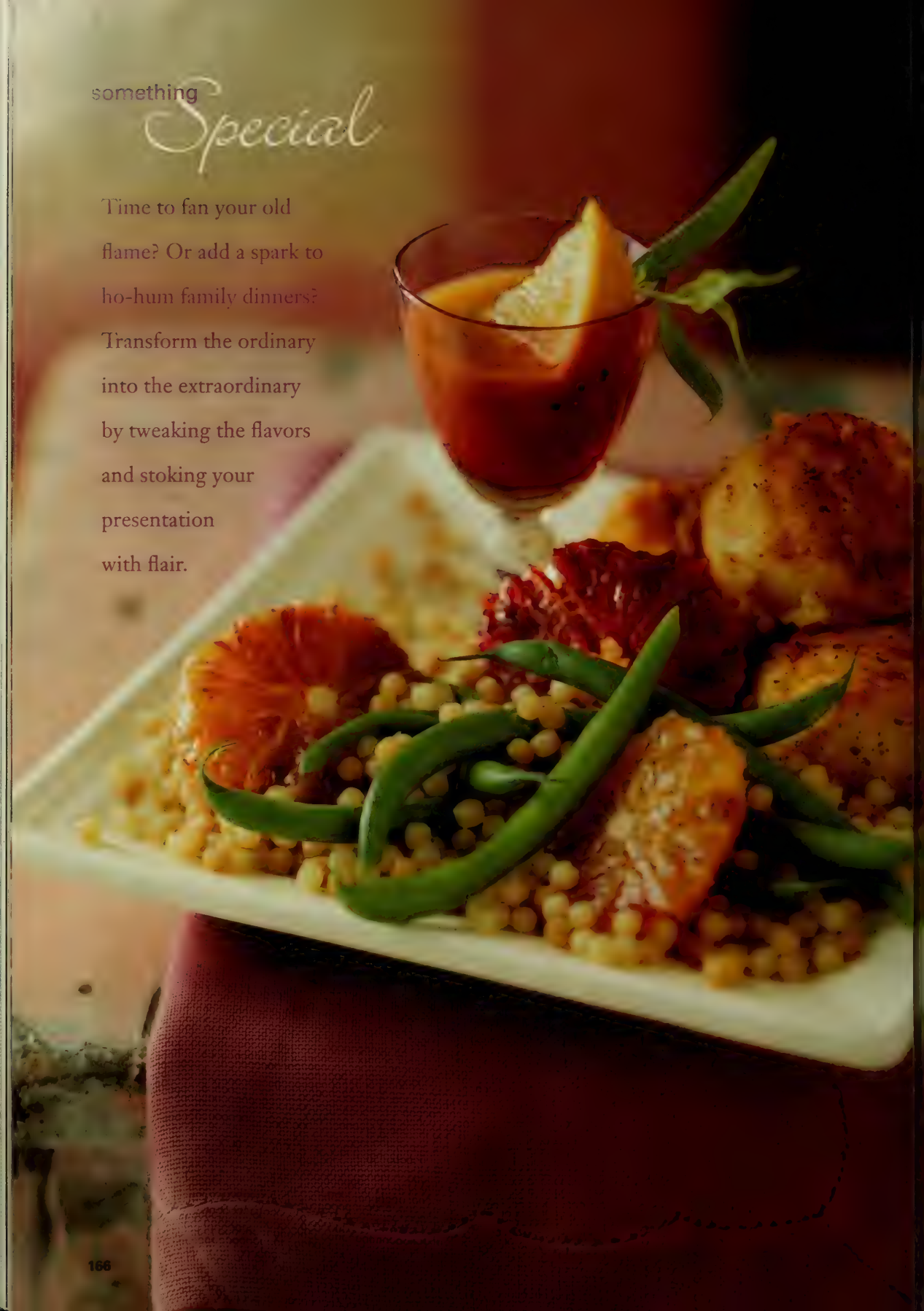
by Jeanne Ambrose
recipes by Melanie Barnard



something Special

There's a feeling about February that makes you want to share a cozy dinner, a tantalizing dessert, or a bowl of tempting treats. Savor some of these tasty touches. And when you're mixing ingredients: Put a little love in your hearts.

WARM HEARTS
Recipe begins on page 178



something *Special*

Time to fan your old flame? Or add a spark to ho-hum family dinners? Transform the ordinary into the extraordinary by tweaking the flavors and stoking your presentation with flair.

WHAT-A-CATCH CITRUS SCALLOPS

Jewels from the sea, these scallops are made crisp-tender in a sizzling skillet before joining tiny pasta gems, orange slices, and green beans (*left*). The main dish becomes a one-of-a-kind wonder when served with a sweet and savory orange-tarragon sauce.



CRANBERRY-CHAMPAGNE SPARKLER

You'll be amazed at the surge of flavor in the homemade cranberry-sage nectar used for this in-the-pink drink (*above*). Mixed with your favorite bubbly, the refresher is just right for any red-letter day.

Recipes begin on page 178



"REDDY" AND WAITING ONION CUPS

Bacon and onions and beets, oh my. As if that color and flavor combo isn't enough (*above*), there's garlic, rosemary, and red sweet pepper added before it's all tucked into roasted onion cups. Mouth watering? Just try this dish with roast beef or chicken and see what happens.



GLORIOUS GREENS

Sure it takes a few extra minutes to build this layered salad (*right*), but what an impression! Nestled between the leaves are sprinklings of chopped tomatoes, red onion, and hazelnuts, topped with a generous shower of finely shredded cheese.

Recipes begin on page 180

ething Special



MEATBALLS IN PASTA NESTS

You'll know this is a pasta sauce like no other as soon as you take one deep breath of it cooking. The heady aroma of fennel, onion, and carrots combined with fragrant garlic-and-sage meatballs will entice everyone into the kitchen for a sample. Make sure to save some for dinner.



ROAST CHICKEN WITH OLIVE-RAISIN SAUCE
Unforgettable. That pretty much describes this roasted chicken with a tangy-sweet sauce. A generous mix of lusty olives and golden raisins makes a chunky sauce that gives a robust boost of taste to this after-work chicken.

Recipe begins on page 184

continued on page 172


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Special

continued from page 170



SWEET-PEPPER-AND-ONION BREAD PUDDING
It's special-effects time. Creamy fontina cheese meets roasted sweet peppers and green onions for an irresistible side dish (*right*). Like any good bread pudding, this savory one is popped in the oven and ignored until the top becomes a crispy golden brown.



S'MORE SUNDAES
Well, yes, we've taken a few liberties with the campfire favorite, but you'll still swoon over the results. Our Valentine version (*left*), made indoors, starts with homemade graham cracker shortbread and tiny pink marshmallows baked on top. Better yet, you get a scoop of ice cream with it.

Recipes begin on page 184

continued on page 17

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BILLOW OF BERRIES 'N' BROWNIES

ust three major ingredients—raspberries; bakery rownies; and whipping cream, enhanced with ugar and orange peel—result in this fancy how-off. If you feel guilty about its simplicity, o ahead and bake your own brownies.

ipe begins on page 186

Rediscover Yuletide Magic!



Shown actual height of 5½"

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continued from page 175

Warm Hearts

Talk about a sweetheart of a deal. These buttery nibbles, just right for a snack or appetizer, take a little heat from the ground red pepper and the jalapeños in the cheese. If you're so inclined, these tidbits are a perfect match for a glass of wine, especially shiraz or zinfandel.

Prep: 30 minutes **Bake:** 8 minutes

- ½ cup all-purpose flour
- ¼ tsp. ground cumin
- ⅛ tsp. salt
- ⅛ tsp. ground red pepper
- 2 Tbsp. cold butter, cut up
- ½ cup shredded Monterey Jack cheese with jalapeño peppers (2 oz.)
- 1 to 2 Tbsp. water
- Grated Parmesan cheese (optional)
- ½ tsp. paprika (optional)

1. Preheat oven to 400° F. In a large mixing bowl* stir together flour, cumin, salt, and ground red pepper. Cut in butter until the size of coarse crumbs. Stir in the Monterey Jack cheese. Sprinkle water over the mixture, stirring until all the dough is moistened.

(*Or in a food processor bowl combine the flour, cumin, salt, and ground red pepper. Drop the pieces of butter through the feed tube with the motor running. Process until fine crumbs form. Add the Monterey Jack cheese. Process again until well blended. Add water; process just until all the dough is moistened.)

2. Turn dough onto a large piece of waxed paper or plastic wrap. Use your hands to gather dough into a ball and flatten into a disk. If necessary, wrap and refrigerate the dough at least 30 minutes or until easy to handle.

3. On a lightly floured surface roll dough to about ⅛-inch thickness. Use a floured 1-, 1½- and/or 2-inch heart-shaped or other cookie cutter(s) to cut dough, rerolling as necessary. Place hearts about ½ inch apart on ungreased cookie sheets. Sprinkle Parmesan cheese on some of the hearts, if desired.

4. Bake for about 8 minutes or until hearts are golden brown around the edges. Transfer to a rack to cool completely. Sprinkle paprika lightly over hearts without Parmesan cheese, if desired. (Crackers can be made 2 days ahead and stored tightly covered.) Makes about 8 dozen 1-inch crackers, 4 dozen 1½-inch crackers, or thirty 2-inch crackers.

Nutrition facts per 2-inch cracker: 21 cal., 1 g total fat (1 g sat. fat), 4 mg chol., 28 mg sodium, 2 g carbo., 0 g fiber, and 1 g pro. Daily Values: 1% vit. A, 0% vit. C, 1% calcium, and 1% iron.

HEART CUTTERS

Make the Warm Hearts (recipe, *above*) with **Graduated Heart Cutters**. The set of seven professional-quality cutters from Ateco and Fox Run Craftsmen range in size from 1¼ inches to 3¾ inches. The cutters are dishwasher safe and nest in a round metal storage tin with cover. The price of the set is $24.95, which includes shipping, handling, and applicable sales tax. Additional sets to the same address are $20 each.



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What-a-Catch Citrus Scallops

Israeli couscous, sometimes called pearl pasta, looks like tiny round pearls. It can be found in most major markets and in specialty food stores.

Start to finish: 35 minutes

- 1 lb. fresh or frozen jumbo sea scallops
- 2 Tbsp. all-purpose flour
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 cup Israeli couscous (about 5 oz.)
- 2 Tbsp. cooking oil
- 2 cups chicken broth
- 8 oz. *haricot verts* (long, thin green beans) or thin green beans
- 2 Tbsp. butter or margarine
- 1½ cups orange-tangerine juice or orange juice
- 1 Tbsp. snipped fresh tarragon or ¾ tsp. dried tarragon, crushed
- 2 small blood oranges, clementines, or other oranges, peeled and sliced
- Fresh tarragon sprigs (optional)
- Orange wedges (optional)

1. Thaw scallops, if frozen. In a plastic bag combine flour and ⅛ teaspoon each of the salt and pepper. Add scallops and toss to coat; set aside.

2. In a medium saucepan cook and stir couscous in hot oil over medium heat for 3 to 4 minutes or until couscous is slightly golden brown. Carefully add broth. Bring mixture to boiling; reduce heat. Cover and simmer for 8 to 10 minutes or until couscous is tender.

3. Meanwhile, in a medium saucepan cook *haricot verts* or green beans, covered, in a small amount of boiling water for 10 to 15 minutes or until crisp tender. Drain; keep warm.

4. In a large skillet heat butter or margarine. Add scallops; cook over medium-high heat about 2 minutes per side or until golden brown. (Reduce heat slightly, if necessary, to prevent overbrowning.) Scallops

continued on page 180

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continued from page 178

should be opaque in center when done. Remove scallops from pan and transfer to a baking sheet, reserving drippings. Place scallops in a warm oven.

5. Add juice and snipped tarragon to skillet. Bring to boiling, stirring browned bits from bottom of skillet. Reduce heat. Cook, uncovered, for 7 minutes or until sauce is reduced by half (¾ cup) and slightly thickened. Season with remaining ⅛ teaspoon each salt and pepper. Cool slightly. Place sauce in 4 individual glasses or cups.

6. Divide cooked couscous, haricot verts, and slices of blood orange among 4 dinner plates. Place the scallops next to couscous mixture. Serve with sauce. If desired, garnish sauce with fresh tarragon and orange wedges. Makes 4 main-dish servings.

Nutrition facts per serving: 512 cal., 19 g total fat (5 g sat. fat), 52 mg chol., 1,204 mg sodium, 60 g carbo., 5 g fiber, and 28 g protein. Daily Values: 20% vit. A, 137% vit. C, 10% calcium, and 12% iron.

Cranberry-Champagne Sparkler

Stash the make-ahead cranberry syrup in the refrigerator and it will be ready for company or for a family celebration. Then all it takes is a little splishing and splashing to create this dressed-up drink.

Prep: 25 minutes **Stand:** 1 hour
Chill: 1 hour

- 1 12-oz. pkg. (3 cups) cranberries
- 1 lemon
- ¾ cup water
- ½ cup sugar
- 4 inches stick cinnamon, broken
- 5 whole cloves
- 1 Tbsp. snipped fresh sage or 1 tsp. dried sage, crushed
- ½ cup honey
- ¼ cup lemon juice
- 2 cups ice cubes
- 1 750 ml bottle champagne or nonalcoholic champagne, chilled
- Fresh sage leaves (optional)

1. Reserve ⅓ cup of the cranberries; set remainder aside. With a vegetable peeler, remove strips of peel from lemon. In a medium saucepan combine water, sugar, strips of lemon peel, stick cinnamon, whole cloves, and snipped sage. Bring to boiling, stirring to dissolve sugar. Add the remaining 2⅔ cups cranberries. Return just to boiling, stirring with a wooden spoon. Reduce heat. Cover and simmer for 5 minutes.

2. Remove cranberry mixture from heat. Cool to room temperature, about 1 hour. Stir in honey and lemon juice. Press mixture through a sieve placed over a bowl. Discard solids. Cover and chill syrup until ready to use, at least 1 hour or up to 3 days.

3. To serve, in a small punch bowl or pitcher combine the cranberry syrup and ice cubes. Slowly add champagne. Stir gently. Place 1 or 2 reserved cranberries and/or a sage leaf into individual glasses or cups, if desired. Ladle champagne mixture into the glasses. Makes about 8 (6-ounce) servings.



After cutting onions in half, make "cups" by carefully pulling out all but the two outermost sections of onion.

Nutrition facts per serving: 200 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 2 mg sodium, 38 g carbo., 2 g fiber, and 0 g pro. Daily Values: 0% vit. A, 17% vit. C, 1% calcium, and 1% iron.

"Reddy" and Waiting Onion Cups

Roasted onions make great edible bowls, especially when filled with a savory vegetable mixture.

Prep: 30 minutes **Roast:** 20 minutes

- ½ cup dairy sour cream
- 1½ tsp. prepared horseradish
- 4 medium red onions, peeled (8 to 10 oz. each)
- 1 Tbsp. olive oil
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 slices bacon
- 1 large red sweet pepper, chopped (1¼ cups)
- 1 clove garlic, minced
- 1 16-oz. can diced beets, drained
- 2 tsp. snipped fresh rosemary or 1 tsp. dried rosemary, crushed
- Fresh rosemary sprig (optional)

1. Preheat oven to 400° F. In a small bowl combine sour cream and horseradish. Cover and chill until serving time.

2. Cut onions in half lengthwise. With your fingers, carefully remove all but the 2 outermost rings to make 8 onion cups (see photo, *left*). Place the onion cups, cut side down, in a shallow roasting pan. Brush with the 1 tablespoon olive oil. Sprinkle lightly with ⅛ teaspoon each of the salt and pepper. Roast, uncovered, in the oven for 15 to 20 minutes, or until onions are nearly tender.

3. Meanwhile, chop enough of the remaining onion to make 1 cup; set aside. In a large skillet cook bacon over medium heat until crisp. Drain bacon on paper towels, reserving 1 tablespoon drippings in skillet. Crumble bacon; set aside.

4. In the same skillet cook chopped onion, sweet pepper, and garlic in drippings about 5 minutes

continued on page 18



Zesty Chicken Italiana



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*be taste you trust**

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or until tender. Stir in beets, rosemary, and remaining ⅛ teaspoon each salt and pepper.

5. Carefully turn onion cups cut side up. Divide cooked vegetable mixture among cups, mounding if necessary. Roast, uncovered, 5 minutes more or until onion cups are tender. Top each with crumbled bacon. Serve with sour cream-horseradish mixture and, if desired, a rosemary sprig. Makes 8 side-dish servings.

Nutrition facts per serving: 123 cal., 5 g total fat (2 g sat. fat), 7 mg chol., 282 mg sodium, 16 g carbo., 4 g fiber, and 3 g pro. Daily Values: 15% vit. A, 77% vit. C, 5% calcium, and 3% iron.



A hand-held microplane grater, or other fine grater, creates a show-off sprinkling of wispy cheese shreds.

Glorious Greens

The inspiration for this stacked salad came from a creation chef Todd English served at his Miramar restaurant in Westport, Connecticut. The salad is topped with a shower of Spain's famed mellow-rich manchego cheese, but freshly shredded Parmesan works wonders too. To get very fine shreds of cheese, try a handheld microplane grater (see photo, *below left*).

Start to finish: 40 minutes

- 1 recipe Hazelnut Vinaigrette
- 2 heads butter lettuce, bibb lettuce, and/or Boston lettuce
- 1 cup chopped Roma tomatoes
- ½ cup finely sliced red onion slivers
- ¼ cup coarsely chopped toasted hazelnuts
- 1 oz. manchego cheese or Parmesan cheese, finely shredded

1. Prepare Hazelnut Vinaigrette. Set aside. (Vinaigrette can be made a day ahead. Whisk before using.)

2. Separate leaves from each head of lettuce. Each individual salad requires 5 leaves, ranging in size from about 4 inches in diameter to 1½ inches in diameter.

3. To compose salad, on each of 4 individual plates, layer the largest leaf (about 4 inches), a few chopped tomatoes, a few red onion slivers, a sprinkling of nuts, and a drizzle of Hazelnut Vinaigrette. Repeat layering, stacking carefully, until all of the lettuce leaves are used. Top each serving with finely shredded manchego or Parmesan cheese (see photo, *left*). Makes 4 salads.

Hazelnut Vinaigrette: In a small bowl whisk together 3 tablespoons champagne vinegar or white wine vinegar, 1 tablespoon finely chopped shallots, ½ teaspoon salt, and ¼ teaspoon pepper. Slowly whisk in 3 tablespoons hazelnut oil.

Nutrition facts per serving: 199 cal., 17 g total fat (2 g sat. fat), 6 mg chol., 374 mg sodium, 7 g carbo., 2 g fiber, and 5 g pro. Daily Values: 9% vit. A, 23% vit. C, 9% calcium, and 5% iron.

Meatballs in Pasta Nests

The bitty meatballs, inspired by the Italian classic, Osso Bucco, are tucked into a bed of pasta. This Americanized version gets topped with a chunky sauce of carrots, onion, and fennel.

Prep: 40 minutes **Cook:** 8 minutes

- 1 egg, slightly beaten
- ¼ cup fine dry bread crumbs
- 3 large cloves garlic, minced
- 1 tsp. dried sage, crushed
- ½ tsp. salt
- ¼ tsp. pepper
- 1 lb. ground veal or lean ground beef
- 2 Tbsp. olive oil
- 6 dried vermicelli nests (6 oz.)
- 2 Tbsp. snipped fennel tops
- 1 Tbsp. finely shredded lemon
- 1 recipe Lemony Vegetable Sauce
- Snipped fresh parsley and/or fennel tops (optional)
- Toasted baguette slices (optional)

1. For the meatballs, in a large mixing bowl combine egg, bread crumbs, garlic, sage, the ½ teaspoon salt, and the ¼ teaspoon pepper. Add

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MICROPLANE GRATER/ZESTER

Make Glorious Greens (recipe, *left*) with a **Microplane Grater and Zester** from Grace Manufacturing (pictured, *left*). This stainless-steel, razor-sharp grater shaves fresh ingredients instead of ripping and shredding them, resulting in ingredients that maximize flavor. The grating surface measures 8×1 inches with raised edges for ease of measurement. An ergonomically designed handle makes the tool easy to use. The price is $24.95, which includes shipping, handling, and applicable sales tax.

TO ORDER with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, send a check or money order for $24.95 to: *Better Homes and Gardens*® Reader Shopping Service, Department 0102, Box 9128, Des Moines, IA 50306-9128.



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veal or beef. Mix well. Form the mixture into 36 meatballs, about 1-inch in size.

2. In a skillet heat oil. Add meatballs; cook for 8 to 10 minutes, turning once, or until browned on all sides and meat is done (160° F). Remove meatballs from skillet, reserving drippings for use in Lemony Vegetable Sauce (see recipe, *below*). Cover meatballs; keep warm.

3. In a large saucepan or Dutch oven, cook the vermicelli nests according to package directions, stirring the snipped fennel tops and lemon peel into the cooking water. With a slotted spoon, carefully remove nests to a colander to drain; cover and keep warm.

4. Prepare Lemony Vegetable Sauce (see recipe, *below*). Divide the pasta nests among 6 plates. Spoon meatballs into nests. Spoon the vegetable sauce over meatballs and pasta nests. If desired, sprinkle with additional parsley and fennel sprigs. Serve with baguette slices. Makes 6 main-dish servings.

Nutrition facts per serving: 352 cal., 16 g total fat (4 g sat. fat), 97 mg chol., 411 mg sodium, 31 g carbo., 6 g fiber, and 21 g pro. Daily Values: 55% vit. A, 21% vit. C, 6% calcium, and 13% iron.

Lemony Vegetable Sauce

Start to finish: 15 minutes

This zesty sauce will remind you of Italian gremolata—a perky seasoning made with parsley and lemon peel.

- 2 Tbsp. olive oil
- 1 cup finely chopped onion
- 1 cup finely chopped fennel bulb
- 1 cup finely chopped carrots
- ¼ tsp. salt
- ¼ tsp. pepper
- ⅓ cup snipped fresh parsley
- 1 Tbsp. finely shredded lemon peel

1. For vegetable sauce, add oil to the reserved drippings in the skillet used for the meatballs. Cook and stir onion, chopped fennel bulb, carrot, salt, and pepper over medium heat for 2 minutes. Remove from heat. Stir in parsley and lemon peel.

Roast Chicken with Olive-Raisin Sauce

When you're in a hurry to present a special main dish, this little number satisfies. It takes just a half an hour in the oven to create a melding of fantastic flavors.

Prep: 12 minutes **Roast:** 25 minutes

- 2 whole chicken breasts, halved
- 8 to 12 fresh sage leaves or 24 sprigs fresh marjoram
- ¼ tsp. salt
- ¼ tsp. pepper
- ½ cup sliced celery (½-inch pieces)
- ½ cup chopped onion
- 2 large cloves garlic, minced
- 2 Tbsp. olive oil
- ½ cup chicken broth
- ½ cup dry red wine or additional ⅓ cup broth plus 2 Tbsp. balsamic vinegar
- ½ cup pitted and halved mixed olives or Kalamata olives
- ½ cup golden raisins
- ⅛ tsp. ground red pepper (optional)
- 1 Tbsp. snipped fresh marjoram

Cooked red Swiss chard (optional)

1. Preheat oven to 425° F. Loosen chicken skin and place 2 to 3 sage leaves or 6 sprigs of marjoram under the skin of each piece of chicken. Sprinkle chicken with the salt and pepper.

2. Place chicken, skin side up, in a roasting pan. Roast, uncovered, for 25 to 30 minutes or until chicken is golden brown and juices run clear.

3. Meanwhile, in a large skillet cook celery, onion, and garlic in hot oil until tender. Add the broth, wine, olives, raisins, and if desired, ground red pepper. Bring mixture to boiling; reduce heat. Simmer, uncovered, for 7 minutes or until slightly thickened. Stir in the snipped marjoram and simmer 1 minute more.

4. Spoon the sauce over roasted chicken breast halves. Serve with cooked Swiss chard, if desired. Makes 4 main-dish servings.

Nutrition facts per serving: 412 cal., 18 g total fat (3 g sat. fat), 95 mg chol., 555 mg sodium, 20 g carbo., 3 g fiber, and 35 g pro. Daily Values: 4% vit. A, 8% vit. C, 5% calcium, and 12% iron.

Sweet-Pepper-and-Onion Bread Pudding

A savory twist on a typical dessert, this bread pudding makes a tantalizing side dish. Try it with roasted chicken or pork. It's like having your own individual serving of stuffing.

Prep: 20 minutes **Bake:** 30 minutes **Stand:** 10 minutes

- 8 oz. crusty Italian bread
- 2 Tbsp. butter or margarine, softened
- 3 eggs, slightly beaten
- 1½ cups milk
- 1 12-oz. jar roasted red sweet peppers, well-drained and coarsely chopped (about 1½ cups)
- ½ cup thinly sliced green onions
- 3 Tbsp. snipped fresh oregano or 2 tsp. dried oregano, crushed
- ½ to 1 tsp. bottled hot pepper sauce
- ¼ tsp. salt
- ¼ tsp. pepper
- 4 oz. fontina or provolone cheese, shredded (1 cup)

1. Preheat the oven to 350° F. Cut the bread into 1-inch slices. Spread slices with butter, then tear bread into bite-size pieces. Set aside. Grease eight 6-ounce custard cups or ramekins; set aside. (Or, grease a 1½-quart soufflé dish; set aside.)

2. In a large mixing bowl beat together the eggs and milk. Stir in chopped red peppers, green onions, oregano, hot pepper sauce, salt,

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sagna (ethnic dish requiring half a day of your life
prepare and one full day of rest when it's done)



r Ragú® 10 minute prep no boiling lasagna.

Time: 70 min. Serves 12) 2 containers (15 oz. ea.) ricotta cheese, 2 cups shredded mozzarella cheese (about 8 oz.), 1/2 cup grated
esan cheese, 2 eggs, 2 jars (26 oz. ea.) Ragú Robusto!™ Pasta Sauce, 12 uncooked lasagna noodles

reheat oven to 375°. Combine ricotta, 1 cup mozzarella, 1/4 cup Parmesan and eggs.
13"x 9" baking dish, spread 1 cup sauce. Layer 4 uncooked noodles, 1 cup sauce and 1/2 of ricotta mixture; repeat
with 4 uncooked noodles and 2 cups sauce. Reserve remaining sauce; heat and serve with lasagna.
Cover with foil; bake 1 hour. Remove foil; sprinkle with remaining cheeses. Bake uncovered 10 minutes. Let stand 10 minutes.



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and pepper. Add bread pieces and cheese, stirring well to coat bread.

3. Divide mixture among individual custard cups. (Or, spoon into prepared soufflé dish.) Press mixture down lightly with the back of a wooden spoon. Bake individual custard cups, uncovered, about 30 minutes or until tops are puffed and golden brown, and a knife inserted near the center comes out clean. Let stand 10 minutes. (Or, bake large soufflé, uncovered, for 40 minutes or until the top is puffed and golden brown, and a knife inserted near the center comes out clean. Let stand for 15 to 20 minutes before serving.) Makes 8 side-dish servings.





Before baking the graham cracker shortbread for S'More Sundaes (recipe, *above right*), pat the dough evenly into the pan (*above*). After baking the shortbread, scatter pink miniature marshmallows on top before placing the pan back in the oven to toast the marshmallows (*right*).

Nutrition facts per serving: 220 cal., 11 g total fat (6 g sat. fat), 108 mg chol., 432 mg sodium, 20 g carbo., 2 g fiber, and 10 g pro. Daily Values: 27% vit. A, 130% vit. C, 18% calcium, and 10% iron.

S'More Sundaes

You'll have no problem figuring out what to do with the extra graham shortbread cookies. Serve them with frothy mugs of cocoa for a quick and easy snack. Or just put them on a plate and watch them disappear.

Prep: 15 minutes **Bake:** 12 minutes
Broil: 45 seconds

- 6 Tbsp. butter
- ¼ cup packed light brown sugar
- 1 tsp. vanilla
- ¼ tsp. ground cinnamon
- ⅛ tsp. salt
- ⅔ cup all-purpose flour
- ¼ cup graham cracker crumbs
- ½ cup pink or white miniature marshmallows
- 1½ pints strawberry ice cream
- Purchased dark chocolate ice-cream topping

1. Preheat oven to 375° F. For shortbread, in a medium saucepan melt the butter. Remove pan from heat and stir in the brown sugar, vanilla, cinnamon, and salt. Stir in the flour and graham cracker crumbs. Pat dough evenly onto the bottom of an ungreased 8×8×2-inch baking pan (see photo, *far left*). Bake about 12 minutes or until edges are firm. Remove from oven.

2. Preheat broiler. Arrange marshmallows evenly across top of hot shortbread (see photo, *left*). Broil 4 inches from the heat about 45 to 60 seconds or until marshmallows are soft and golden brown. (Watch carefully to prevent burning.) Cool slightly; cut into sixteen 3×1-inch rectangles.

3. For the sundaes, scoop ice cream among 8 dessert dishes. Tuck 2 shortbread strips into each dish. Serve with dark chocolate ice-cream topping. Makes 8 servings.

Nutrition facts per serving: 374 cal., 19 g total fat (10 g sat. fat), 42 mg chol., 224 mg sodium, 48 g carbo., 1 g fiber, and 4 g pro. Daily Values: 15% vit. A, 7% vit. C, 10% calcium, and 6% iron.

A Billow of Berries 'n' Brownies

A dazzling dessert doesn't get much easier than this. Your biggest challenge will be whipping the cream. Or, maybe it will be deciding when to stop eating this incredible dessert.

Prep: 15 minutes

- 4 cups fresh raspberries
- 4 to 5 Tbsp. sugar
- 2 tsp. finely shredded orange peel
- 2 cups whipping cream
- ¼ cup raspberry liqueur (Chambord) (optional)
- 4 3-inch squares bakery brownies, such as blond, marbled, or milk chocolate brownies, cut into irregular chunks

1. Set aside 8 to 10 of the raspberries. In a medium mixing bowl combine the remaining raspberries, the sugar, and orange peel. Place

continued on page 188

Give him even more chocolate than he gave you.



Prep: 15 minutes

Baker's® One Bowl Death By Chocolate Cookie

Bake: 12 minutes

2 pkg. (16 squares) BAKER'S Semi-Sweet Baking Chocolate, divided
¾ cup firmly packed brown sugar
¼ cup butter or margarine
2 eggs
1 tsp. vanilla
½ cup flour
¼ tsp. CALUMET® Baking Powder
2 cups chopped nuts (optional)

•**HEAT** oven to 350° F. Coarsely chop 8 squares (1 pkg.) of the chocolate; set aside •**MICROWAVE** remaining 8 squares chocolate in large microwavable bowl on HIGH 1–2 minutes. Stir until chocolate is melted and smooth. Stir in sugar, butter, eggs and vanilla. Stir in flour and baking powder. Stir in reserved chopped chocolate and nuts. Drop by ¼ cupfuls onto ungreased cookie sheet. •**BAKE** 12 to 13 minutes or until cookies are puffed and feel set to the touch. Cool on cookie sheet 1 minute. Transfer to wire rack to cool completely. Makes about 1½ dozen cookies.





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the berry mixture into a 1- to 1½- quart compote dish or serving bowl.

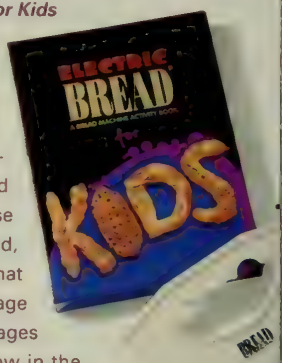
2. In a chilled bowl combine whipping cream and liqueur (if using). Beat with chilled beaters of an electric mixer on medium speed until soft peaks form. Spoon on top of raspberry mixture.

3. Top the whipped cream with the brownie chunks and the reserved raspberries. Makes 12 servings.

Nutrition facts per serving: 263 cal., 19 g total fat (10 g sat. fat), 69 mg chol., 63 mg sodium, 23 g carbo., 5 g fiber, and 3 g pro. Daily Values: 18% vit. A, 27% vit. C, 5% calcium, and 7% iron.

MAKING BREAD WITH KIDS

The recipe for Favorite Cheese Bread in our "Cooking With Kids" feature on *page 190* is taken from the book ***Electric Bread for Kids*** published by Innovative Cooking Enterprises. This book introduces kids to the world of baking by combining the science of food preparation and the fun of shaping dough with the bread machine. Easy-to-read recipes and simple step-by-step photos help kids turn out nutritious loaves of bread and creations like soft pretzels, cinnamon rolls, cheese pinwheels, and more. Kid-tested and approved, each recipe is accompanied by full-color photos that stir both taste buds and imaginations. This 176-page hardcover book with lay-flat spiral binding is for ages 6 to 13 and comes in its own gift box. We throw in the versatile **Rock-and-Roll Bread Dough Cutter**. The price of the set is $38.95, which includes shipping, handling, and applicable sales tax.



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An Old Book with a New Trick



A 1949 edition of the *Better Homes and Gardens® Cook Book* and a friend's jar of jam were the inspiration for Barbara Wolcott's grand prize entry in the magazine's 2000 Prize Tested Recipes contest.

Wolcott, who will receive $5,000 worth of General Electric appliances, came up with the idea for her Rhubarb Surprise Crisp after tasting jam made by a friend for a church bazaar using strawberries and basil. The herb adds a flowery, licoricelike aroma and flavor.

"It brings out the strawberry and rhubarb," says the resident of the coastal, central California town of San Luis Obispo.

The mother of six, who is now a freelance writer, based the topping on the version in the *BH&G Cook Book* she received as a wedding present 51 years ago.

"I love that one," she says. "It's the one I turn to first. I have a library of cookbooks, but it's my favorite."

Rhubarb Surprise Crisp
Prep: 20 minutes
Bake: 30 minutes

- 2 cups chopped fresh rhubarb or frozen unsweetened sliced rhubarb, thawed
- 2 cups chopped strawberries
- 2 Tbsp. snipped fresh basil or 1½ tsp. dried basil, crumbled
- 1 cup granulated sugar
- 1 Tbsp. cornstarch
- ¼ tsp. ground cinnamon
- ½ cup all-purpose flour
- ½ cup quick-cooking oats
- ¼ cup packed brown sugar
- ¼ tsp. salt
- 2 Tbsp. margarine or butter, melted

1. Preheat oven to 375° F. In medium bowl combine the rhubarb, strawberries, and basil. Stir in the 1 cup granulated sugar, cornstarch, and cinnamon. Spoon into the bottom of an 8×8×2-inch baking pan; set aside.

2. In another medium mixing bowl combine flour, oats, brown sugar, and salt. Stir in melted margarine. Sprinkle over fruit mixture. Bake 30 to 35 minutes or until fruit is tender and topping is golden brown. Makes 6 servings.

Nutrition facts per serving: 276 calories, 7 g total fat (4 g sat. fat), 16 mg chol., 167 mg. sodium, 52 g carbo., 3 g fiber, 3 g pro. Daily Values: 7% vit. A, 51% vit. C, 6% calcium, 7% iron.

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by Ken Haedrich



me and my bread machine

The small appliance that electrified a nation of adult bread bakers and put warm, homemade bread back on the table has found an enthusiastic crop of young fans. That's right. Bread machines are catching on with kids. Besides, January is National Bread Machine Baking Month, as named by an industry group.

We should have seen it coming: Bread machines really are kid friendly. They enable kids to work in the kitchen with relative independence. The machines eliminate tricky kneading too. And they do all this with the sort of techno-wizardry that our computer-savvy kids understand. "While adults view bread machines as an appliance, kids embrace them as computers that bake yummy bread," says Ann Parrish, president of Innovative Cooking Enterprises, a testing firm for bread machines.

Do techno-gadgets give you the high-tech jitters? Don't worry. Bread machines are child's play. The hard part isn't operating one; it's choosing between all the available models. Shop around, and then be sure to read the owner's manual before you begin. After that, all you do is measure and push a few buttons. Tell the machine to knead, rise, and bake. Or remove the risen dough, and shape and bake it in your oven. Don't worry if the finished loaf doesn't look picture perfect. Kids don't mind. The pride in their handiwork far outweighs a few wrinkles, bumps, and dings. Especially when—like this delicious cheese bread—it tastes so good.

For *Electric Breads for Kids* cookbook offer, see page 188

Favorite Cheese Bread

Prep: 7 minutes **Bake:** 2½ hours

1½ lb. loaf	2 lb. loaf	ingredients
1	1¼	cups water
3	4	cups white bread flour
1	2	Tbsp. sugar
1	1½	tsp. salt
1	2	Tbsp. powdered buttermilk
¼	½	cup dairy sour cream
½	1	cup shredded cheddar cheese
1	2	Tbsp. dried chives
1	2	Tbsp. dry ranch salad-dressing mix
1	1¼	tsp. active dry yeast or bread-machine yeast

Select loaf size. Add ingredients to machine according to manufacturer's directions. Select basic white bread cycle. (Note: For 1½ pound loaf, machine pan must have capacity of 10 cups or more; for 2 pound loaf, machine pan must have capacity of 12 cups or more.) Makes 16 slices (1½ pound loaf).

Nutrition facts per serving: 120 cal., 2 g total fat (1 g sat. fat), 5 mg chol., 208 mg sodium, 20 g carbo., 1 g fiber, and 4 g pro. Daily Values: 0% vit. A, 0% vit. C, 4% calcium, and 7% iron.



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Sausage Jambalaya

It's so easy. Saute 1 lb. sliced Hillshire Farm Smoked Sausage, onions, peppers and 2 garlic cloves, minced. Combine with 2¼ cups chicken broth, 1 cup converted rice, 1 can diced tomatoes, drained and 1 tbsp. Cajun seasoning. Bring to boil. Reduce heat, stir, cover & simmer for 25 minutes. Enjoy!



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Family Food Ideas

FFI

Tomato and Green Chili Fajitas

- 1 pound flank steak, cut into thin ¼-inch strips
- 1 (14.5-oz.) can HUNT'S® Diced Tomatoes with Mild Green Chilies, drained
- 2 teaspoons each: chili powder and ground cumin
- ½ teaspoon salt
- 1 each: medium green and red bell pepper and onion, cut into thin strips
- 3 tablespoons olive oil, divided
- 10 flour tortillas, fajita size, warmed
- toppings: sour cream, cilantro, salsa (optional)

Combine steak, drained tomatoes, chili powder, cumin and salt in large plastic reusable bag.

Stir and fry one half of steak mixture in 1 tablespoon of hot oil. Add 1 tablespoon of oil between batches. Stir-fry on Medium-High heat until steak is cooked to desired doneness; remove from skillet.

Add remaining oil; add peppers and onions. Stir-fry until onion is slightly golden and peppers are tender. Return steak to skillet, heat through. Serve in warm tortillas with toppings, if desired.

Preparation Time: 15 minutes. Cooking Time: 12 minutes. Makes 10 servings.

See HUNT'S® ad on page 193

Win Money and Prizes

Prize Tested Recipes® (see page 195)

Your original recipe could be worth up to $400 and net you a kitchen full of new appliances. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

One Annual Grand Prize: GE Profile Appliances (refrigerator, dishwasher, microwave oven, and range or cooktop/oven approximate retail value: $5,000)

Monthly Prizes: Two $400 winners, Two $200 winners, Ten $50 honor rolls

September 2001 Categories: Pasta Bakes: Make these main dishes with curly or straight pasta, wagon wheels, or any other pasta shape or flavor. Layer ingredients or mix together for a meaty or meatless creation that's served hot from the oven. Quick Desserts: Whether you start from scratch, use a mix, or personalize a prepared pie, cake, or other dessert, we want your recipes. How about fruit soups, blender sherbets, trifles, variations on classics such as Bananas Foster, or toppings for brownies?

This Month's Winners - Pages 195 and 196

$400 Winners: Mari G. Chandler, Anniston, Ala.; Colette Smith, Seattle, Wash. $200 Winners: Emma Little, Austin, Texas; TerryAnn Moore, Oaklyn, N.J. $50 Honor Roll Winners: Linda Alleman, Falls Church, Va.; Julie DeMatteo, Clementon, N.J.; Marilyn Gieske, Hamilton, Ohio; Maryanna Kruse, Goldendale, Wash.; Marie McConnell, Elgin, Ill.; Betty J. Ray, Vancouver, Wash.; Neelima Singhal, Richland, Wash.; Liz Wallace, Castle Rock, Colo.; Ann Marie Wilson, Austin, Texas; Lynnette Wilson, San Diego, Calif.

Contest Rules: NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Pasta Bakes" or "Quick Desserts." Specify brands and recipe origin. 3. Send recipes by postal mail to: 0109 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to: ptr@mdp.com. 4. Entries must be postmarked by February 21, 2001, and received by February 28, 2001. E-mail entries must be posted by midnight, EST, February 21, 2001. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release and copyright assignment. The annual grand prize winner will be selected from the year 2001's top winners on or about October 1, 2001, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of GE Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*® editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send a self-addressed, stamped envelope to above address to receive winners' list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for entries they are unable to process due to phone, network, electronic, or computer hardware or software failures, or technical failures of any kind. Subject to all U.S. federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners.



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Prep/Bake: 35 minutes
2 Tombstone Original Thin–Crust Frozen Pizzas*
2/3 cup Kraft 100% Grated Parmesan Cheese, divided

REMOVE pizzas from overwrap and cardboard. Top pizza with 1/3 cup Parmesan cheese.

STACK pizzas, one on top of the other . Place pizzas di on oven rack in second from bottom position (5 to 7 in from bottom of oven).

BAKE at 400°F for 24 to 30 minutes or until cheese is m and edges are golden brown. Makes 8 servings.

*For best results, do not use Deluxe or Supreme fr pizza varieties.

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Prize Tested Recipes® see page 192 for details



$400 winner Onion Burger Melt

Mari G. Chandler, Anniston, Ala.,
in the Great Hamburger Ideas Category, February 2001

- 3 cups sliced onion
- 4 tsp. olive oil
- ¼ tsp. salt
- ¼ tsp. coarsely ground pepper
- 1 lb. lean ground beef
- 2 Tbsp. Worcestershire sauce
- ½ tsp. coarsely ground pepper
- 2 cloves garlic, minced
- ¾ cup shredded Swiss cheese (3 oz.)
- 4 ¾-inch-thick diagonally cut French bread slices
- 1 Tbsp. olive oil

In a large skillet cook onion in the 4 teaspoons hot oil over medium heat about 10 minutes or until golden brown; stir occasionally. Stir in salt and ¼ teaspoon pepper. Cover; keep warm.

Meanwhile, in a large bowl combine beef, Worcestershire sauce, the ½ teaspoon pepper, and the garlic. Divide into eight equal portions. Shape each portion into a 4-inch diameter patty. Place one-fourth of the cheese on each of four of the patties. Top with remaining patties, pressing down lightly and sealing edges well. Grill patties directly over medium coals for 14 to 18 minutes or until done (160° F), turning once halfway through grilling. (Or, place patties on the unheated rack of a broiler pan. Broil 3 to 4 inches from heat for 14 to 18 minutes or until done, turning once halfway through broiling.)

Brush bread slices lightly with the 1 tablespoon olive oil. Add bread slices to grill rack or broiler pan the last 2 to 3 minutes of cooking time or until toasted, turning once. To serve, place patty on a toasted French bread slice; top with onion mixture. Serves 4.

Clip and save recipes in your BETTER HOMES AND GARDENS New Cook Book.

Prize Tested Recipes® see page 192 for details



$400 winner Hazelnut Truffles

Colette Smith, Seattle, Wash.,
in the Valentine Treats Category, February 2001

- 1 14-oz. can sweetened condensed milk
- 1 13-oz. jar (about 1¼ cups) chocolate-hazelnut spread
- 4 oz. unsweetened chocolate, chopped
- 1 Tbsp. Irish cream liqueur or vanilla
- ⅔ cup halved hazelnuts (filberts), toasted*
- Finely or coarsely chopped toasted hazelnuts (filberts)
- Unsweetened cocoa powder

In a heavy medium saucepan combine sweetened condensed milk, chocolate-hazelnut spread, and unsweetened chocolate. Cook over low heat until chocolate melts, stirring constantly. Remove saucepan from heat. Cool slightly. Stir in liqueur or vanilla until smooth. Transfer to a mixing bowl; cover and chill about 3 hours or until firm.

Line a baking sheet with waxed paper. For each truffle, form about 1 teaspoon of the chocolate mixture around 1 toasted hazelnut half to make a ¾-inch ball. Roll in chopped toasted nuts or cocoa powder. Store in a tightly covered container in the refrigerator for several weeks, or freezer up to 3 months. Makes about 120 candies.

**To toast hazelnuts:* Place nuts in a skillet. Cook over medium-low heat, stirring or shaking skillet often for 7 to 10 minutes or until skins begin to flake and nuts are light golden brown. Watch carefully to avoid overbrowning. Remove nuts from skillet and place on a clean kitchen towel. When hazelnuts are cool enough to handle, rub the nuts



Prize Tested Recipes®

see page 192 for details

$200 winner Hearts and Cherries

TerryAnn Moore, Oaklyn, N.J.,
in the Valentine Treats Category, February 2001

- 2 8- to 10-inch flour tortillas
- Butter-flavored nonstick cooking spray
- 2 Tbsp. sugar
- ½ tsp. unsweetened cocoa powder
- 1 15½-oz. can pitted dark sweet cherries, well drained
- ½ cup black cherry spreadable fruit
- 1 cup (½ of a pint) butter-pecan or butter-brickle ice cream (or other desired flavor)
- ½ cup whipping cream, whipped

Preheat oven to 350° F. Cut each tortilla into 6 wedges. Fold each wedge in half lengthwise; trim top edge with scissors to form a heart shape.

Open hearts and place them close together on an ungreased baking sheet. Coat hearts lightly with cooking spray; sprinkle with a mixture of sugar and cocoa powder. Bake for 8 to 10 minutes or until lightly browned. Cool on a wire rack.

For cherry sauce, combine drained cherries and spreadable fruit in a small saucepan or in a microwave-safe bowl. Heat through over low heat or in a microwave oven on 100% power (high) for about 1 minute.

To serve, place one tortilla heart on each of 4 dessert plates. Spoon some cherry sauce on top. Top with several small scoops of ice cream, then with another heart, and a dollop of whipped cream. Cover with a third tortilla heart. Pass remaining cherry sauce. Makes 4 servings.

Nutrition facts per serving: 716 cal., 37 g total fat (20 g sat. fat), 158 mg chol.,

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see page 192 for details

$200 winner Two-Pepper Burgers

Emma Little, Austin, Texas,
in the Great Hamburger Ideas Category, February 2001

- ½ cup mayonnaise or salad dressing
- ½ to 1 chipotle pepper in adobo sauce, finely chopped
- ⅓ cup finely chopped onion
- 3 to 5 fresh jalapeño peppers, seeded and finely chopped*
- 4 cloves garlic, minced
- 2 tsp. Cajun or Creole seasoning
- 1½ lb. ground beef
- 4 oz. Monterey Jack cheese, sliced
- 6 hamburger buns, split and toasted

Combine mayonnaise and chipotle pepper. Cover and chill until serving time. In a large bowl combine onion, jalapeño, garlic, and Cajun seasoning. Add beef; mix well. Shape into six ¾-inch-thick patties. Place patties on the unheated rack of a broiler pan. Broil 4 to 5 inches from heat for 12 to 14 minutes or until done (160° F), turning once. Top with cheese slices; broil 30 seconds more until cheese slices are melted. Serve on buns with mayonnaise-pepper mixture. Serves 6.

*Note: Wear plastic gloves when chopping hot peppers.

Nutrition facts per serving: 557 cal., 38 g total fat (12 g sat. fat), 93 mg chol., 578 mg sodium, 24 g carbo., 2 g fiber, 29 g pro. Daily Values: 9% vit. A, 5% vit. C, 22% calcium, 19% iron.



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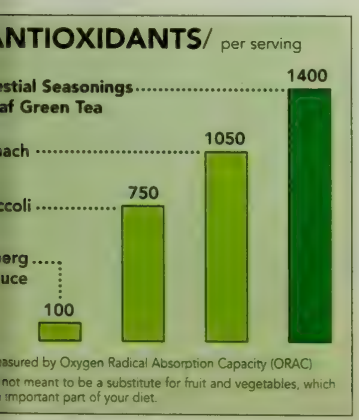
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by Martha Miller

Teaching Is Best for Your Heart

Elderly people who suffered heart attacks received better quality of care when treated at large teaching hospitals, a recent study has found.

The patients also were more likely to be alive two years after their heart attack compared with heart patients treated at other hospitals. A teaching hospital or academic medical center teaches doctors through treating patients and conducting research.

The study examined data from 114,411 Medicare patients from 4,361 hospitals—894 were teaching hospitals and 3,467 were nonteaching hospitals.

Patients admitted to teaching hospitals were more likely to be given aspirin and other heart drugs, such as beta-blockers, as part of their care. For example, 81 percent of patients in nonteaching hospitals were given aspirin during their hospital stay compared with 91 percent at large teaching hospitals. The American Heart Association includes aspirin in its guidelines on how to care for patients with acute myocardial infarction or heart attack.

Almost 49 percent of patients received beta-blockers at a large teaching hospital compared with 36 percent of patients treated at nonteaching hospitals. Beta-blockers—given by pill or injection—slow heart rate by reducing the heart's oxygen needs. As a result, the heart doesn't have to work as hard.

The study also analyzed survival data and found that more patients at teaching hospitals were alive after 30- 60- and 90-day and two-year follow-ups. After two years, the mortality rate at nonteaching hospitals was 50.2 percent compared to 45.6 at large teaching hospitals.

How long do you brush?

Dentists recommend brushing twice a day for two minutes, but most studies find that people spend less than 40 seconds cleaning their pearly whites. To help her kids brush longer, a mom in Dallas, Texas, created a two-minute timer in the shape of a molar. The Twooth Timer won a 1999 Parent's Choice award. The timer is sold by dentists, in stores, and on the Web at *www.twoothtimer.com*. Cost: $10.



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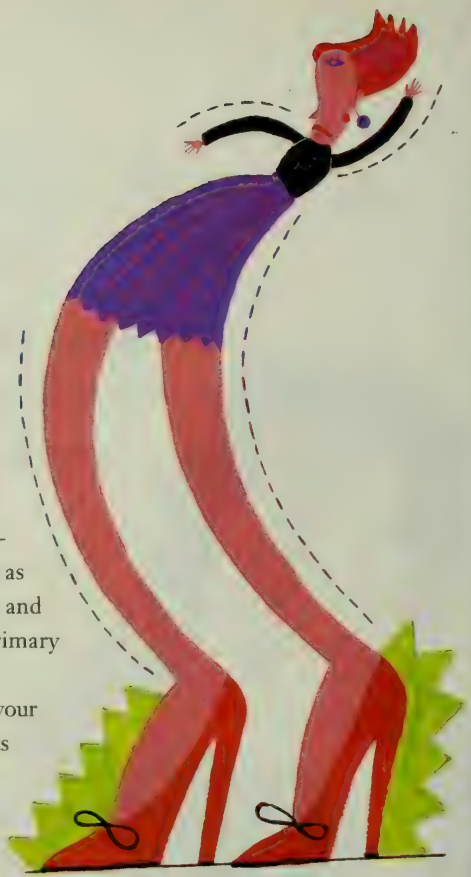
There's a new treatment for people who suffer from hyperhidrosis, or excessive sweating.

It's Botox, the very same toxin dermatologists use to smooth out frown lines and crow's feet. Some dermatologists are using Botox on patients who sweat excessively beneath the armpits. Sweat glands are controlled by the sympathetic nervous system, and when Botox is injected in tiny amounts beneath the armpit, the toxin weakens nerve stimulation to the sweat gland.

Dr. Dan Berg, director of dermatological surgery at University of Washington Medical Center, says not every person is a candidate for Botox, and the first step should be to set up a medical consultation. "I take out skin cancers and do liposuction, but some of the most heartfelt 'you-changed-my-life' e-mails I get are from patients who had the Botox treatment," he says.



The Agony of Da-Feet



Women account for an estimated 90 percent of all foot operations to correct such painful things as bunions, hammertoes, and nerve problems. The primary culprit: high heels.

Walking in heels causes your back to arch and thrusts your chest forward, says Jayne Snyder, a physical therapist and vice president of the American Physical Therapy Association. To compensate, the body bends the hips and spine forward, and then the calf, hip, and back muscles get tense trying to maintain balance when you walk.

If only high heels will do, avoid wearing them for long periods of time and stretch the muscles in the back of your leg before putting the shoes on. Also buy heels with leather insoles to keep from slipping, and set your heel limit at two inches. "The higher the heel, the worse for your body," Snyder says. "A three-inch heel creates seven times more stress on the forefoot than a one-inch heel." The result can be a painful pinched nerve, called a neuroma, on the ball of the foot.

Even better advice is to find shoes that look and feel good. The American Orthopaedic Foot and Ankle Society (AOFAS) rated womens dress shoes based on heel design, toe room, slip resistance, comfort, cushioning, and breathability. Shoes that earned the AOFAS seal of approval were made by Easy Spirit, Aerosoles, Dexter, Nine West, and Hush Puppies.

The average American spends about $7 a day on food, but only $3 is spent on food eaten and prepared at home.

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Exercise Can Help Depression

Exercise is often recommended for people battling depression, but now a study shows that regular exercise may work just as well as a popular antidepressant.

Researchers at Duke University Medical Center found that supervised exercise three times a week for four months was just as effective as Zoloft, a depression medicine. And after six additional months, patients who exercised were less likely to relapse than patients who did not exercise. "A modest exercise program is an effective, robust treatment for patients with a major depression who are positively inclined to participate in it," according to the study, published in the journal *Psychosomatic Medicine*.

The study recruited 156 people age 50 and older. All had been diagnosed with major depressive disorder and had mild to severe symptoms. The patients who exercised attended workout sessions three days a week for 16 weeks. Each session began with a 10-minute warm-up, followed by 30 minutes of continuous cycling, brisk walking, or jogging.

James A. Blumenthal, Ph.D., professor of medical psychology at Duke and the study's senior author, says exercise may have proven more potent than a pill because it gave the patients self-confidence. "People felt a greater sense of achievement, a sense of being in control and mastering something," he says.

GOT CHEST PAIN? CALL 911

Even though people know to call 911 fo an ambulance when they see someone else having a heart attack, most don't dial for themselves when experiencing the same symptoms, according to a study in the journal *Circulation*.

Yet of the more than 1.1 million Americans who have heart attacks each year, more than half die before reaching the hospital. Early treatment is critical because clot-busting drugs can reduce the chance of death by 25 percent if given soon after the onset of symptoms.

"Unfortunately only a fraction of patients eligible for these treatments receive therapy in time, due in large part to the delay time between the first symptoms and arrival at the hospital," says N. Clay Mann, Ph.D., one of the study's authors and associate professor at the University of Utah.

Researchers called 962 people in 20 cities and asked: If you thought someone was having a heart attack what would you do—call 911 for an ambulance or drive the person to a hospital? Eighty-nine percent said they'd call 911. Researchers then asked 875 people who had chest pain and went to the hospital: How did you get there? Only 23 percent had called 911. Sixty percent had someone drive them there and 16 percent actually drove themselves to the hospital.

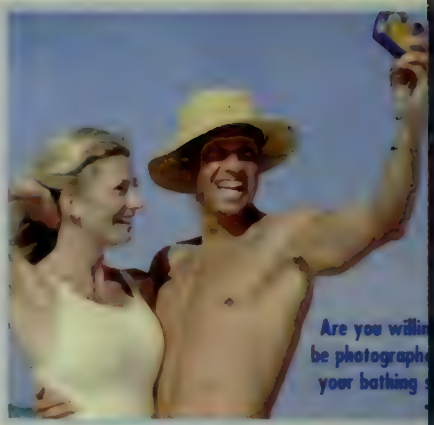

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For more than 58 million adult Americans, the problem of weight loss has proven difficult—if not impossible, to solve. Many of them have wasted precious time and money trying to lose weight. They've tried every quick-fix, fad diet, from the ones where you buy the pre-packaged food to the ones that involve counting calories. They all seem to take months to show any results...and by that time most people's motivation is gone! Now, the latest nutrition technology has resulted in the Hollywood 48-Hour Miracle Diet. What was once Hollywood's best kept diet secret is now sweeping the nation.

The skinny. James Kabler, world famous for his phenomenally successful Six Day Bio Diet, has now launched the faster and easier Miracle Diet. The Hollywood 48-Hour Miracle Diet is a special formulation of all-natural juices and botanical extracts so it looks like an ordinary bottle of juice—and works like a miracle! For two days you give up all bad food habits. In place of fats, sugars and artificial ingredients, you flood your body with the vitamins, minerals and essential oils found in this amazing juice. Just mix half of it with an equal amount of cold water and sip it throughout the day. It's so easy. There's no measuring or combining foods, no counting calories or points, no hassle. It's that easy.

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by Martha Miller

Getting Your Vitamins

Experts recommend a boost in antioxidants, but they say it's not necessary to spend megabucks on megadoses of vitamins.

Put away the pills and keep eating those fruits and veggies. You've heard this before from nutritionists who for years have said that a balanced diet ought to be enough to keep us healthy. Now, after an exhaustive review of research, the nation's top scientists have come to the same conclusion.

If you eat a healthy diet there is rarely a need for antioxidant supplements, according to a report by the Institute of Medicine, a part of the National Academies of Sciences. Researchers found no evidence that large doses of antioxidants—vitamins C and E, selenium, and beta-carotene—prevent chronic diseases.

Setting limits

However, the group did revise the Recommended Dietary Allowances (RDAs) for antioxidants and, for the first time, set an upper intake level—the largest amount that a person can take without risking health problems.

"I'm glad they set a limit. A lot of people assume a little is good, but more is better. That isn't always the case," says Chris Rosenbloom, Ph.D., spokesperson for the American Dietetic Association and acting chair of the nutrition department at Georgia State University.

The report seems to contradict earlier information about antioxidants. There is evidence that free radicals (compounds that cause damage to cells) are linked to a risk of cancer and heart disease, but there is no proof that antioxidants in humans attack free radicals or limit their damage. It's only been proven in laboratories. Therefore, no evidence exists that taking megadoses of antioxidants prevents cancer, heart disease, or Alzheimer's disease.

"The public is very confused because often when these studies get reported all the facts aren't in," says Sandra Schlicker, director of the study at the Institute of Medicine.

Five-a-day way

In revising the RDAs, the panel looked at published studies and focused on trials involving humans—not animals. The take-home message of this report is simple: Eat more fruits and vegetables every day. While the panel did not say how many to eat, it did endorse the five-a-day eating plan, advising people to eat at least



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1/4 teaspoon ground nutmeg
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- Thaw cherries completely in strainer set in bowl; reserve 1/2 cup cherry juice. Mix Equal®, flour, cornstarch and nutmeg in small saucepan; stir in cherry juice and heat to boiling. Boil, stirring constantly, 1 minute. Remove from heat and stir in cherries; stir in food color.
- Roll half of pastry on floured surface into circle 3 inch larger than inverted 9-inch pie pan; ease pastry into pan. Pour cherry mixture into pastry. Roll remaining pastry on floured surface to 1/8-inch thickness; cut into 10 to 12 strips, 1/2 inch wide. Arrange pastry strips over filling and weave into lattice design. Trim ends of lattice strips; fold edge of lower crust over ends of lattice strips. Seal and flute edge.
- Bake in preheated 425°F oven until pastry is browned, 35 to 40 minutes. Cool on wire rack.

NUTRITION INFORMATION PER SERVING
241 cal., 3 g pro., 37 g carb., 11 g fat, 10 mg chol., 122 mg sodium
Food exchanges: 1 fruit, 1 1/2 bread, 2 fat
39% calorie reduction from traditional recipe



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Getting Your Vitamins

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five servings of fruits and vegetables a day. A typical serving is ½ cup of berries, cut-up fruit, or cooked vegetables. One 6-ounce glass of orange juice also is considered a serving. The report, *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids*, is available online at *http://books.nap.edu/catalog/9810.html.*

Here are some of the new recommendations.

Vitamin E

Old RDA: Women, 8 milligrams (12 IU). Men, 10 milligrams (15 IU).

New RDA: 15 milligrams (22 IU) of natural vitamin E, also called d-alpha-tocopherol, for men and women.

Upper intake limit: 1,000 milligrams. Anything higher increases your risk of uncontrolled bleeding.

Vitamin E has been associated with reducing heart disease because it blocks oxidation of LDL (bad) cholesterol, making the cholesterol less likely to cling to artery walls. However, only one out of four large-scale trials of megadoses of vitamin E showed a reduced risk of heart attacks.

"The literature is very conflicting," says Maret Traber, Ph.D., associate professor at the Linus Pauling Institute at Oregon State University and Institute of Medicine panelist. "There is a lot of experimental data on human tissue and in test tubes, but the studies done on humans are not conclusive enough to prove a beneficial effect."

Because vitamin E is found in fat, some people may need to meet the RDA by taking a supplement. "If you're eating 3,000 calories a day, it's easy to get your 15 milligrams, so don't worry about it," Traber says. "If you're eating only 1,500 calories a day, you may have troubl getting there. I'd rather see someone take a vitamin E supplement and eat a low-fat, low-calorie diet rich in fruit and vegetables than for the person to eat more fa just to get the vitamin E," Traber says.

When buying the supplement, look for natural vitamin E, also known as d-alpha-tocopherol. Researchers used to think synthetic vitamin E, known as dl-alpha-tocopherol was just as effective, but it is not, Traber says. Many multivitamins contain synthetic vitamin E, Traber warns so check labels carefully.

Best food sources: Vegetable oils, such as sunflowe and safflower; nuts; and seeds. Smaller amounts of vitamin E are found in dairy foods, eggs, beef, whole grains fruits, and vegetables.

Vitamin C

Old RDA: 60 milligrams.

New RDA: Women, 75 milligrams. Men, 90 milligrams. People who smoke should increase the RDA of vitamin C by 35 milligrams.

Upper intake limit: 2,000 milligrams for men and women. Taking more than the recommended upper limit may cause gastrointestinal distress.

Many studies found an association between vitamin C and a reduced risk for cancer and heart disease, but few established a true cause-and-effect relationship.

Robert A. Jacob, Ph.D., a member of the institute's panel and research chemist with the USDA Western Human Nutrition Research Center in Davis, California says most of the studies on megadoses of vitamin C had mixed results or were neutral, including those that linked vitamin C to staving off the common cold or preventing heart disease and cancer.



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Getting Your Vitamins

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"Studies didn't show harmful outcomes. But if they didn't show consistently positive results, you can't use that as a basis for an RDA," Jacob says.

Most of the research on vitamin C has never shown direct cause and effect. Studies have found only an "association" with health benefits. For example, research may show that people with a high vitamin C intake have lower blood pressure. However, there is no scientific proof that the vitamin is responsible because many other components of a healthy diet may lower blood pressure. "There is an association there, but it doesn't prove that vitamin C lowers blood pressure," Jacob says.

It's easy to get enough vitamin C in your diet. One 6-ounce glass of orange juice has enough vitamin C—about 78 milligrams—to meet the RDA for women. Vitamin C-rich fruits and vegetables typically average about 40 milligrams per serving, Jacob says.

Best food sources: Citrus fruits and juices, kiwifruit, broccoli, strawberries, and red or green sweet peppers.

Selenium

Old RDA: Women, 55 micrograms.
Men, 70 micrograms.
New RDA: 55 micrograms for men and women.
Upper intake limit: 400 micrograms. Higher amounts can cause brittleness in hair and nails.

Studies suggesting a link between selenium intake and reduced risk of prostate, colon, and lung cancer aren't conclusive enough to warrant adding a supplement. In fact, if you live in the United States, chances are you're getting enough selenium in your diet. The reason: selenium is in the soil. Produce grown in selenium-rich soil will contain the mineral, says Dr. Raymond Burk, director of clinical nutrition research unit at Vanderbilt University.

Burk says the old RDA that distinguished between men and women was based on body weight, but new research shows that's not necessary. An upper limit of 400 micrograms was set because too much selenium causes hair to fall out, and problems with fingernails and toenails.

Best food sources: Brazil nuts, seafood, meat, chicken, and whole-grain foods.

Beta-carotene and other carotenoids (lutein, zeaxanthin, and lycopene)

Old RDA: None. There never was one.
New RDA: None.
Upper intake limit: Beta-carotene supplements are not advised other than as a source of vitamin A.

There appears to be a link between carotenoids and a decreased risk of age-related macular degeneration, cataracts, and some cancers. However, no clinical trial has shown that carotenoids—compounds found in red and yellow plants—are responsible for lowering risk.

"There is encouraging research with certain carotenoids in the prevention of some diseases, but not enough to say what the requirement should be," says Susan Taylor Mayne, Ph.D., associate professor of epidemiology and public health at Yale University School of Medicine. There are some promising associations, such as with lutein and macular degeneration, but they are preliminary, she says.

So all the articles written about lycopene's effect on prostate cancer don't mean much?

"It's all interesting data, but at this point, it is far from proven," Mayne says. "And most of the studies have been done on food, not pills." Mayne recommends getting your carotenoids by eating a variety of foods.

Best food sources: Sweet potatoes, carrots, tomatoes, peppers, spinach, kale, collard greens, squash, apricots, mangoes, cantaloupe, and papayas. ⌂



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Winter Skin Care



by Michele Meyer

In winter, your skin may feel like a slab of beef forgotten in the freezer: The longer it sits, the dryer it gets.

"It happens because skin loses water to the air," explains Roy S. Rogers III, M.D., dermatology professor at Mayo Clinic Medical School in Rochester, Minnesota. "Skin is happiest—soft, supple, and flexible—when the relative humidity is 70 percent or higher. But in winter, we turn on the heat in our homes, which can cause the humidity indoors to get as low as 5 or 10 percent. Outdoors, it isn't much better."

But your skin doesn't have to become as parched as the Sahara when temperatures drop. Here's how to fight back.

- **Cut back on your bath time.** Ironically, the less time you spend in a shower or bath and the cooler the water, the less dehydrating it will be. That's why dermatologists say limit showers to three minutes, and moisturize as soon as you get out.

"When you get out, skin moisture quickly escapes into the dry air—especially if steam gets out through the bathroom door," says Margaret Weiss, M.D., assistant professor of dermatology at Johns Hopkins University School of Medicine in Baltimore.

- **Use mild, super-fatted cleansers.** Avoid soaps that create suds or that contain antibacterial ingredients, medicated ingredients, or deodorants, all of which are harsh and strip oil from the skin, says Weiss. "You don't want to feel 'squeaky clean.' That's too drying."

Widely available cleansers that work well include Basis, Alpha Keri, Tone, Caress, Aveeno, Oil of Olay Liquid Cleansers, Cetaphil, and Dove.

Soap up only where you most need it—the underarms and groin. If skin is ashy and flaky, use a wet loofah sponge to exfoliate as needed, "but lighten up on the scrubbing because it wipes away the oil that protects your skin against irritation," says Dr. Kelly Hood, a San Francisco dermatologist.

For the same reason, pat yourself dry, ideally with a gentle action rather than rubbing yourself harshly with a towel. Immediately seal in remaining moisture with oil, such as Neutrogena After Bath Oil Spray or Linda Sy Moisturizing Oil. If your skin remains thirsty, follow

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with a creamy moisturizer, such as Aquaphor, Vaseline, Eucerin, Neutrogena, or Nivea. "Skin is like a sponge," says Dave Alkek, M.D., clinical dermatology professor at University of Texas Southwestern Medical School Dallas. "If you wet a sponge and leave it by the sink, it dries out. But if you coat a wet sponge with grease, it stays moist. The grease seals in moisture so it won't evaporate. That's exactly what a good moisturizer does."

In a moisturizer, look for ingredients such as white petrolatum (or petroleum jelly), mineral oil, urea, beeswax, or silicone derivatives, such as dimethicone. All trap moisture. Colloidal oatmeal soothes irritations.

Also include a sunscreen in your winter skin care regimen. Stick with titanium dioxide or zinc oxide, which are less irritating to parched skin. "It may seem counterintuitive to wear sunscreen in the winter, but you're still getting sun exposure," Hood says. "Sun reflects off the snow, and you can get a whopping sunburn."

If you're acne prone, don't use cocoa butter and petroleum jelly on the face, because they may clog pores. To avoid an allergic reaction, skip lanolin, fragrance, and alcohol. Forget firming masks, because they dry your skin as they tighten it.

You also might want to bypass alpha hydroxy acids (AHAs), such as lactic and glycolic acids, until the weather warms up, Hood says. "These draw water from the environment, but they don't work well unless the surrounding humidity exceeds 70 percent. If it's dryer, they pull the water out of your skin. Plus, AHAs are a lot more irritating to dry skin."

When you buy moisturizers, get those with fewer than 10 ingredients (not counting preservatives and color), Hood says. "The more in a cream, the greater the potential for irritation."

Some dermatologists recommend sticking to manufactured moisturizers rather than home remedies. "Scientists have figured out what the skin needs to be flexible, soft, and supple," says Mayo Clinic's Rogers. "Home remedies are only good if it's Montana in the 1860s—and there's no drugstore. Plus, home products are a nice way to grow bacteria."

The dryer the skin, the thicker the product should be. "You'll want to progress from gels to solutions to lotions to creams to ointments," says Dr. Ella L. Toombs, a Washington, D.C., dermatologist. "As they go along that spectrum they get progressively more heavy or oily." As you age, you'll need increasingly heavier creams, used more frequently, Toombs says. "As we get older, our circulation is not as good, oil glands are less productive, and thus skin tends to be dryer, particularly on your lower legs, which are far from the heart and, thus, far from the center of circulation."

- **Don't scratch.** It only makes rashes—and the itching—worse. Use more moisturizer, and perhaps a hydrocortisone ointment and an over-the-counter antihistamine, such as Tavist-1.
- **Limit hot beverages.** "Steam hitting your face can cause rosacea and adult acne to flare," says San Francisco dermatologist Dr. Seth Matarasso, "because hot liquids get blood circulating."
- **Protect your extremities.** If your hands or feet peel and crack, try this: Before bed, rinse them, then slather on Vaseline or moisturizer. Coat nails and cuticles with petroleum jelly or nail-conditioning creams, then wear cotton gloves and socks to bed.

While you're at it, put Vaseline on a cotton-tip or on your little finger to rim your nostrils. "This reduces the dry air coming through and reduces the likelihood of a bloody nose," Rogers says. Lowering your home's heat and using a humidifier can also reduce dry air.

To thwart chapped lips, keep them lubricated with balm, which provides a barrier to trap in moisture, unlike saliva, which sucks it out. "Lips are almost always exposed to the elements, and they lose moisture faster than any other part of the face because they only have an extremely thin outer protective layer," says Charles Zugerman, M.D., associate professor of clinical dermatology at Northwestern

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ECZEMA

The first new treatment for eczema in 40 years is about to debut. Eczema is a year-round aggravation worsened by the dryness of winter. Until now, this chronic condition, in which skin becomes itchy, swollen, and crusty, has been treated with steroid creams which, though effective, also thin the skin and cause stretch marks.

Tacrolimus, expected to be available in a few months, uses a different tactic. Applied twice daily, this topical ointment stops the immune reaction that leads to red, itchy, inflamed skin. The cream was first given orally to transplant patients to suppress immune rejection of their new organs, says Dr. Kerry Blacker, a San Francisco dermatologist.

Improvement generally appears within four to seven days. "Tacrolimus is highly effective and offers a new therapeutic option for patients who have eczema that is not controlled by medications," Blacker says.

A similar treatment, ascomycin, is expected to emerge later this year.


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"Home remedies are only good if it's Montana in the 1860s—and there's no drugstore. Plus they're a nice way to grow bacteria."

University Medical School in Chicago. Lips will heal in days if you apply lip ointment—be it Vaseline, Aquaphor, or lip balm—three to four times daily. Wear cotton gloves if you can't resist picking at your chapped lips.

For hair and scalp, safeguard against split ends and flyaway hair by thoroughly rinsing after you shampoo, then using a conditioner (avoiding the roots). Another way to keep hair silky: Knead your scalp several minutes each day, using your fingertips, not the nails, says Dr. Laurie Polis, a New York dermatologist. "Sometimes a really good scalp massage can stimulate the scalp's metabolism and bring blood to the area. This will make the scalp more moist." Then there's the beauty of leave-in conditioner. Salon formulas can soften your hair without adding extra oil to your scalp.

TOP 7 DRY-SKIN MYTHS

Several falsehoods may be contributing to your skin miseries. Let a group of top dermatologists set you straight.

MYTH 1: The more water you drink, the dewier your skin will be.
TRUTH: Even eight glasses of water a day won't make a difference, says Dr. Kelly Hood, a San Francisco dermatologist. "The top layer of skin and hair are capable of retaining moisture from an external source but not from within."

MYTH 2: Dry skin leads to wrinkles.
TRUTH: Sun damage and facial movement, not dryness, cause those lines and wrinkles you hate. "Hydrating skin doesn't get rid of wrinkles, it just plumps the skin and makes it look better," said Dallas dermatologist Dr. David Alkek.

MYTH 3: Drinking alcohol dries out skin.
TRUTH: Alcohol would make a difference only if you were a severe alcoholic suffering from deficiencies of the vitamins thiamin and niacin, says Dr. Ella L. Toombs, a Washington, D.C., dermatologist.

MYTH 4: The longer the shower or bath, the more supple your skin will be.
TRUTH: The key to soft skin isn't moisture alone, but moisture trapped in by a barrier to stop it from evaporating, says Robert Jackson, M.D., professor emeritus at Canada's University of Ottawa.

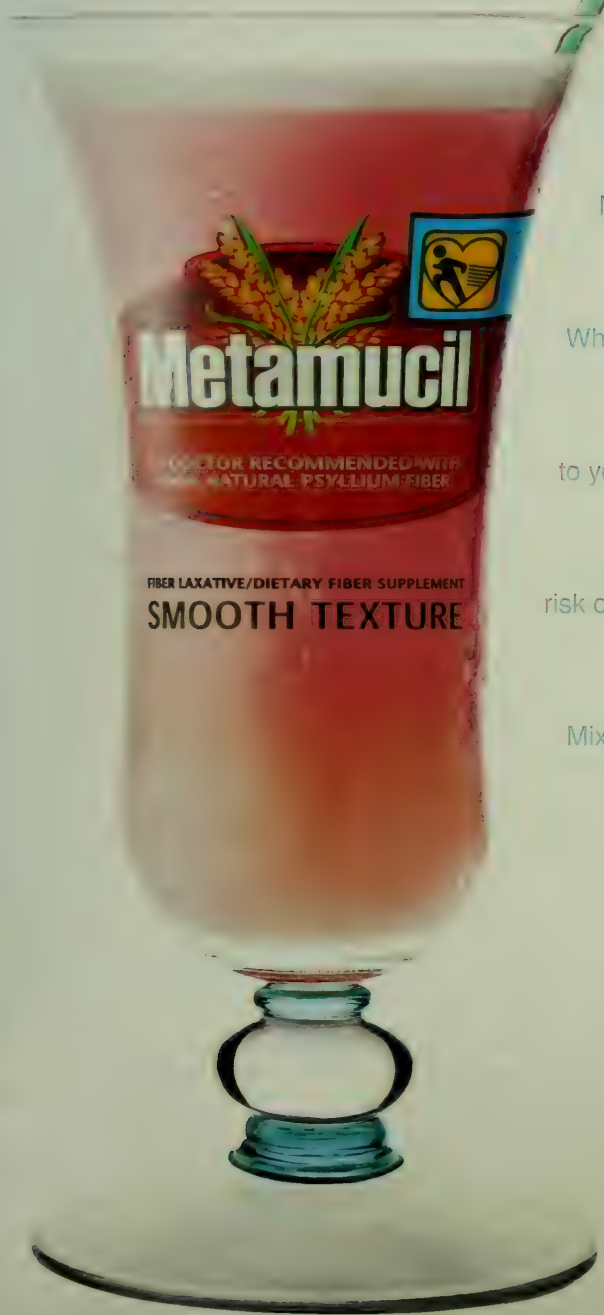
MYTH 5: Dandruff stems from an overly-dry scalp.
TRUTH: Actually, most dandruff (seborrheic dermatitis) is caused by an excessively oily scalp, which causes skin cells to produce and shed more rapidly. To get rid of dandruff, you need to shampoo more often with strong shampoos containing such ingredients as salicylic acid, Dr. Toombs says.

MYTH 6: You can get addicted to lip balm.
TRUTH: Using lip balm won't make you need more. What does make your lips thirsty, though, is licking them. As saliva evaporates, it draws water from the lips, says Baltimore dermatologist Dr. Margaret Weiss.

MYTH 7: Lemon softens parched elbows and heels.
TRUTH: While lemon exfoliates, it also will burn if you have any cuts or abrasions. It's more effective as a bleaching agent, Jackson says.

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Prince Hat

What you need: one 17×25-inch sheet of white paper ■ Decorative papers in rose, white, pink, and silver ■ Crafts glue (or double-sided tape) ■ Four 12-inch silver glitter chenille stems ■ One sheet of pink fun foam ■ Circle punch ■ Hearts stencil ■ Silver thread

Hat: 1. Fold the white paper in half crosswise to measure 17×12½ inches. Following the diagram (*Fig. 1*), fold down corners A and B on the diagonal to meet in the center. Fold up flap D–E on the front of the hat. Turn the hat over and fold up flap D–E on the back. 2. Cut a decorative edge along both D–E flaps (*Fig. 2*). **Arrow:** 1. For the arrow feathers, cut a 4-inch square from paper. Fold the square in half on the diagonal (*Fig. 3*). Next, fold over point A (*Fig. 4*) and point C (*Fig. 5*). Place chenille stem under a fold (shown as a dotted line in *Fig. 5*) and glue or tape the folds together. 2. Cut about a 4-inch-long arrow tip from the fun foam for each arrow. 3. Punch a pair of holes about 1 inch apart, at the front on the front flap of the hat. Thread the feathered chenille stem through the holes, then push the end of the glitter stem through the foam tip (*Fig. 6*). Bend down the chenille stem to hold the tip in place. Repeat for all four arrows. Coil and curve arrows as desired. 4. Use the stencil to cut pairs of hearts in assorted sizes and colors. Glue or tape pairs together with a long silver thread between. Punch holes in the hat, insert the silver heart strings, and tape the ends on the inside.

Folding diagram for Prince Hat

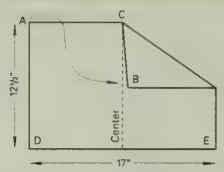
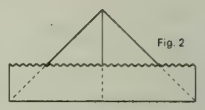


Fig. 1


Fig. 2

Folding diagram for arrow's feathered end

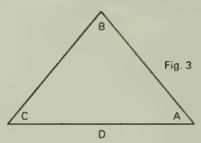


Fig. 3

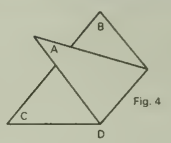


Fig. 4

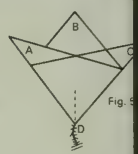
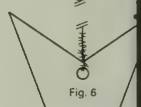
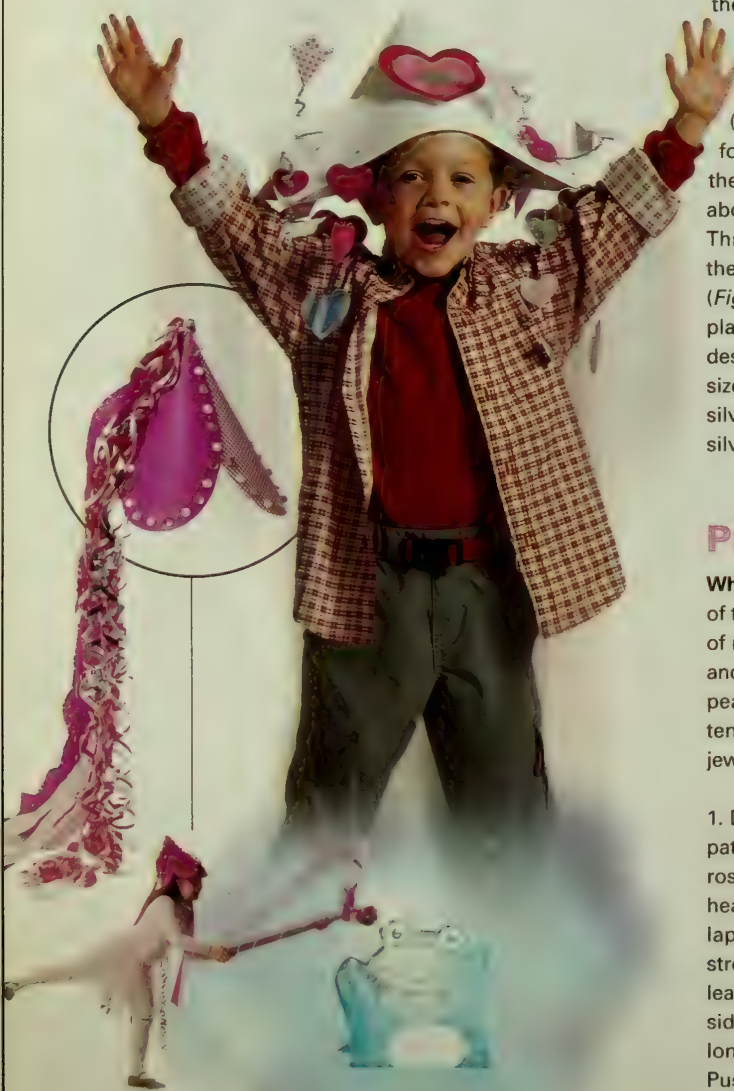


Fig. 5


Fig. 6

Arrow tip



Princess Hat

What you need: Tracing paper ■ One 10×10-inch sheet each of two different rose print papers ■ Two 10×10-inch sheets of medium-weight white paper ■ Double-stick tape ■ Rose and white streamers ■ Curly ribbon in pink, rose, glitter rose, pearl, and silver ■ White or pink chenille stem ■ Low-temperature glue gun and glue sticks ■ Pearl and pink jewels ■ Thick crafts glue

1. Draw a 9½×9½-inch heart on tracing paper for the hat pattern. Cut out the pattern. 2. Cut out two hearts from the rose papers and two from the white paper. Tape each rose heart to a white heart. 3. Tape the hearts together, overlapping the sides. 4. Cut 2-yard (or longer) lengths of streamers—two rose and two white. Cut curly ribbons (at least one of each color) even longer. Lay the pieces side by side. 5. Wrap the chenille stem around the center of the long pieces, twisting the ends together into a long stem. Push the stem through the top of the hat. Hot-glue the stem inside the hat. 6. Glue jewels to hat.

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The Heart of the Matter

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Princess Wand

What you need: Wrapping-paper tube ■ Rose wrapping paper ■ Adhesive tape ■ 3/16-inch-diameter circle punch ■ White and rose streamers ■ Curly ribbons in pearl, silver, and rose ■ Glue or double-stick tape ■ Six or more 4-inch-diameter silver paper-lace doilies ■ Valentine stencils (for hearts, birds, and cupid) ■ Pencil ■ White, silver, pink, and rose papers

1. Cover the tube with wrapping paper. Tape a piece of pearl curly ribbon at the inside top of the tube. Wind the curly ribbon down the tube and tape to the inside bottom of the tube. 2. Punch a hole at the top of the tube. 3. Cut one 2-yard length from each color of streamer and curly ribbon. Lay the lengths side by side, then tie them together in the center with another length of rose curly ribbon. Tie the bundle center to the hole in the tube using the curly ribbon. 4. Glue two doilies together with a streamer between. 5. Trace hearts, birds, and cupids onto assorted papers using the stencils. Cut out the stencil shapes. Punch a hole at the top of each. Thread the shapes onto the curly ribbons.



Be-Mine Hanger

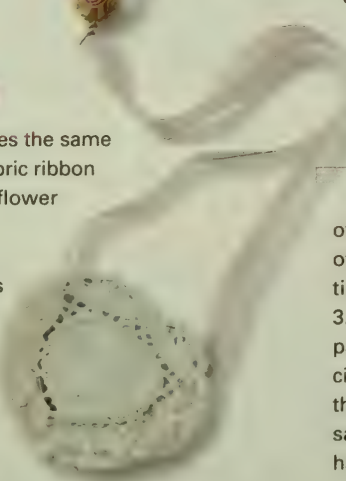
What you need: Paper-towel tube ■ White wrapping paper ■ Adhesive tape ■ Circle punch ■ Curly ribbons in silver, pearl, pink, rose, and glittery rose ■ 7/8-inch-wide heart punch ■ Pink and rose papers ■ Valentine die-cuts ■ Adhesive letters ■ 1½ yards of ¾-inch-wide rose satin ribbon ■ Rose tissue paper ■ Candy and small treasures

1. Wrap the tube with the wrapping paper and adhesive tape. 2. Use the circle punch to punch four holes around the edge of the tube at both ends. Thread a long piece of curly ribbon through each hole and tie in a tight knot so the knot touches the tube. 3. Punch hearts from the pink and rose papers. Punch a hole in each heart with the circle punch. Thread hearts and die-cuts onto the curly ribbons. 4. Thread the tube with the satin ribbon, tying it in a bow at the top for hanging. 5. Press a valentine message onto the tube using the adhesive letters. 6. Wrap candy and small treasures with a piece of rose tissue paper. Tie the ends with long pieces of curly ribbon and trim. Insert the wrapped treasures in the paper-towel tube.

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Hello-Doily Pocket

What you need: Two lace or paper doilies the same size (about 4×6 inches) ■ 1/8- to 1/4-inch fabric ribbon ■ Optional: heart beads or small silk flower trimming



1. Place the wrong sides of the doilies together. 2. Cut a four-foot length of ribbon and wrap a small piece of tape around one end—this will be your sewing "needle." Begin stitching with the needle end through the openings of the lace. Sew down one side, around the point of the heart, and then back up the other side, leaving the top of the heart unstitched. 3. Knot the ends of the pocket strings together at the top. Thread on a bead or wrap on a flower, and then trim off the excess ribbon ends. Slip a heart-shaped cut-out card with a valentine message into the finished pocket.

You know what they say: "Small feet, small bladder."



Somewhere around the age of 2 1/2, "I gotta go!" becomes a toddler's three favorite words. When it's that time to begin toilet training at your house, here's a tip that may help move things along. Always be consistent. Once you've made the switch from diapers to Pull-Ups® Training Pants, it's important not to backslide. (That's right, even if it means 432 trips to the bathroom a day.) The fact is, switching back and forth to diapers can confuse your child and actually slow down potty training progress. So whether it's naptime, a trip to the mall, or that long car ride to Grandma's house, don't be tempted by diapers. Stick with Pull-Ups® all the time, and you'll have a big kid in no time.

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The Heart of the Matter

continued from page 222

Friendship Tower

What you need: Rectangle tissue boxes (at least four) ■ Square tissue boxes ■ Silver, pink, and white wrapping papers and adhesive tape ■ 4- and 8-inch-diameter white paper-lace doilies ■ Thick crafts glue ■ Two-prong brass paper holders ■ Nut pick (or letter opener or empty pen cartridge)

1. Wrap the tissue boxes with wrapping paper. 2. Glue doilies to the boxes. 3. Assemble boxes in layers. Push one or two corresponding holes into two boxes using the pick. Join the boxes with the brass paper holders. (We used four rectangle boxes for the bottom layer and three square boxes for all remaining layers, except for the top single square box.) 4. When all the layers are assembled, join them vertically in the same way.

Puffy cards

What you'll need: Cotton fabric scraps ■ Poly-fiber stuffing or cotton balls ■ Aroma beads or fragrance sachets ■ Stapler ■ Ribbon scraps ■ Card stock or heavyweight paper ■ Craft glue

1. Cut a heart out of the fabric, keeping in mind the finished stuffed heart will be smaller than the flat piece of fabric. 2. Place the heart in the center of a square of heavyweight paper. Staple the bottom center of the heart to the paper, spacing the staples ¼ inch apart. Continue stapling up both sides of the heart. 3. Place a small amount of stuffing under the fabric to fill the bottom of the heart. Pour a teaspoon of aroma beads over the stuffing. Add more stuffing over the aroma beads to fill the top half of the heart. Staple the top center of the heart to the paper, trapping the stuffing under the fabric. If you want to cover the staples, glue a length of chenille, ribbon, or yarn over them. Tie a small bow of ribbon, and glue it to the heart. Let dry. 4. Glue the back of the finished heart to a folded sheet of card stock. ♦

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Buying information

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Kitchensmith Inc., 3098 Roswell Rd., Atlanta, GA 30305; 404/261-3098. **Custom china hutch**—John Oetgen, Oetgen Design, Inc., 2300 Peachtree Rd., Atlanta, GA 30305; 404/352-1112. **Cabinet construction**—Heritage Custom Kitchens, Inc., 215 Diller Ave., New Holland, PA 17557; 717/354-4011; www.hck.com. **Refrigerator, freezer**—Sub-Zero Freezer Co., Inc., P.O. Box 44130, Madison, WI 53744-4130; 800/222-7820; www.subzero.com. **Commercial cooktop**—Viking Range Corp. (address above). **Ventilator hood**—Vent-A-Hood Co. (address above). **Ovens**—Dacor, 950 S. Raymond Ave., Pasadena, CA 91109; 800/793-0093; 800/772-7778 to find a dealer. **Faucets**—KWC Faucets, Inc., 1555 Oakbrook Dr., Ste. 110, Norcross, GA 30093; 888/592-3287. (***Top right***): **commercial cooktop**—Viking Range Corp. (address above). **Cookware**—Le Creuset of America; for information on retailers in your area call 843/589-6650; All-Clad; 800/255-2523. (***Center***): **red checked fabric for couches and bench,** "Leela" by Osborne & Little; **armless red chair,** "Red Head" from Collection O; **fabric on crewel arm chairs and barstools, black table, fabric for window treatment** (to the trade only)—Decorators Walk, 351 Peachtree Hills Ave., Atlanta, GA 30305; 404/261-7769. (***Bottom***): **dishwasher**—Asko, Inc., Richardson, TX 75081-1805; 972/644-8595, option 1; www.askousa.com. **Sinks**—Just Manufacturing, 9233 King St., Franklin Park, IL 60131; 847/678-5150. **Faucet**—KWC Faucets, Inc., 1555 Oakbrook Dr., Ste. 110, Norcross, GA 30093; 888/592-3287.

Page 162 (*top*): stainless-steel panels—Heritage Custom Kitchens, Inc. (address above).

Reader Shopping

Page 86: Kitchen Backsplashes Stencil—Plaid Enterprises, 3225 Westech Dr., Norcross, GA 30092-3500.

Page 110: Editor's Choice: Surprise Lilies—Van Bourgondien Brothers, 245 Route 109, Babylon, NY 11702-0598.

Page 178: Heart Cookie Cutters—Fox Run Craftsmen, 1907 Stout Dr., Ivyland, PA 18974; Ateco/August Thomsen, 36 Sea Cliff Ave., Glen Cove, NY 11542.

Page 182: Microplane Grater/Zester—Grace Manufacturing, 614 SR 247, Russellville, AR 72802.

Page 188: Electric Bread for Kids Book—Innovative Cooking Enterprises, P.O. Box 240888, Anchorage, AK 99524.

architects & designers

Bringing Up the Rear

Page 66: architect—Jared Polsky Associates, 469 Magnolia Ave., Larkspur, CA 94939; 415/927-1156.

Pages 70-72: architect—Bruce Peeling Architect, AIA, 3538 Inez St., San Diego, CA 92106; 619/224-8575. **Contractor**—Tekton Master Builders, 90 B North Coast Hwy., Encinitas, CA 92024; 760/436-3333. **Cabinetmaker**—Bob Hampton, Finest City Cabinets, 330 Trousdale Dr., Chula Vista, CA 91910; 619/585-0202.

Page 74: builder—Fersch & Co., Inc., 5760 Fall Creek Pkwy., N. Dr., Indianapolis, IN 46220; 317/466-1111.

His-and-Hers Closets

Pages 76-78: general contractor—Bob Felter Construction, P.O. Box 89, Solana Beach, CA 92075; 858/483-1806. **Interior designer**—Dawn Sullivan, Allied Member, ASID, DAS Interiors, P.O. Box 301113, Escondido, CA 92030; 760/739-8988.

Pages 82-85: closet designer—California Closets, 7550 Miramar Rd., Ste. 300, San Diego, CA 92126; 858/695-0882. **Contractor**—Jones Building Enterprises, 2736 Madison, Carlsbad, CA 92018; 760/720-1858.

Classic & Clean Colonial

Pages 135-142: interior designer—Fern Hill Design, Missy Connolly, 15007 Falls Rd., Butler, MD 21023; 410/472-0300.

Relaxation Room

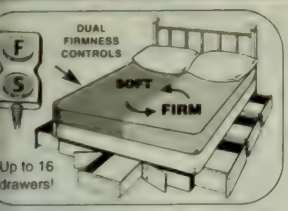
Pages 148-149: architect—Steve Hunsicker, Lighthouse Architects, Inc., 14323 South Outer 40 Dr., Ste. 604 S., St. Louis, MO 63107; 314/579-0655. **Interior designer**—Christy Michner, 8 Arbor Lane, St. Louis, MO 63119; 314/997-6652. **Contractor**—Fred Lang, 8084 Watson Rd., St. Louis, MO 63119; 314/842-8455.

Pages 150-152: architect—Ric Abramson, 1340 N. Havenhurst Dr., Los Angeles, CA 90046; 310/394-5707. **Builder**—Glenn Lambdin, Lambdin Construction Co., 444 Sturtevant Dr., Sierra Madre, CA 91024; 626/355-1197. **Structural engineer**—Brad Smith, B.W. Smith Structural Engineers, 12435 Ventura Ct., Studio City, CA 91604; 818/505-9409.

Kitchens with Character

Pages 155-159: architect—Keith Summerour, Summerour & Associates, 3165 Shadowlawn Ave., Atlanta, GA 30305; 404/816-0400. **Interior designer**—Guyton Design Group, 55 Bennett St., Ste. 20, Atlanta, GA 30309; 404/352-1113.

Pages 160-162: kitchen designer—Shirley McFarlane, CKD, Kitchensmith Inc., 3098 Roswell Rd., Atlanta, GA 30305; 404/261-3098. **Interior designer**—John Oetgen, Oetgen Design Inc., 2300 Peachtree Rd., Atlanta, GA 30305; 404/352-1112.



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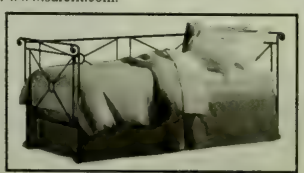
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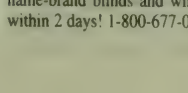
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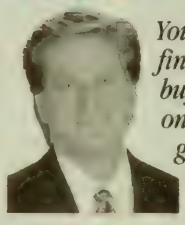
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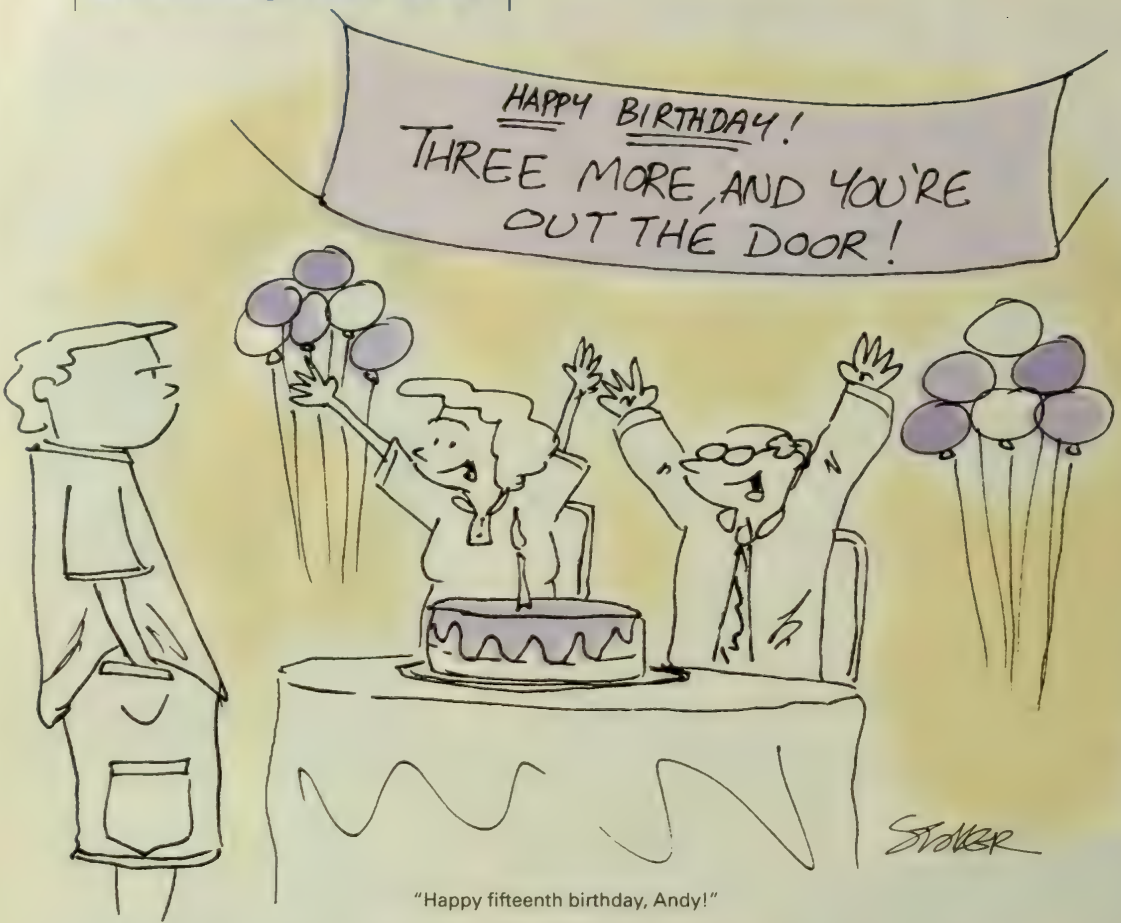
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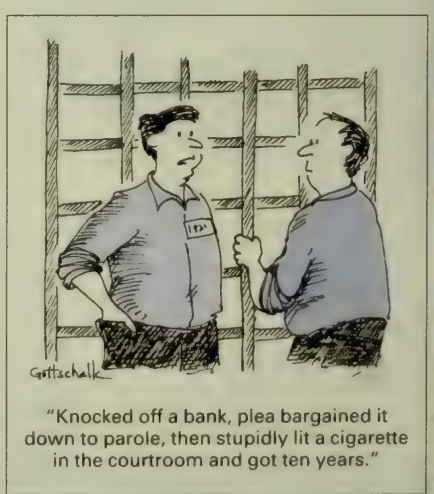
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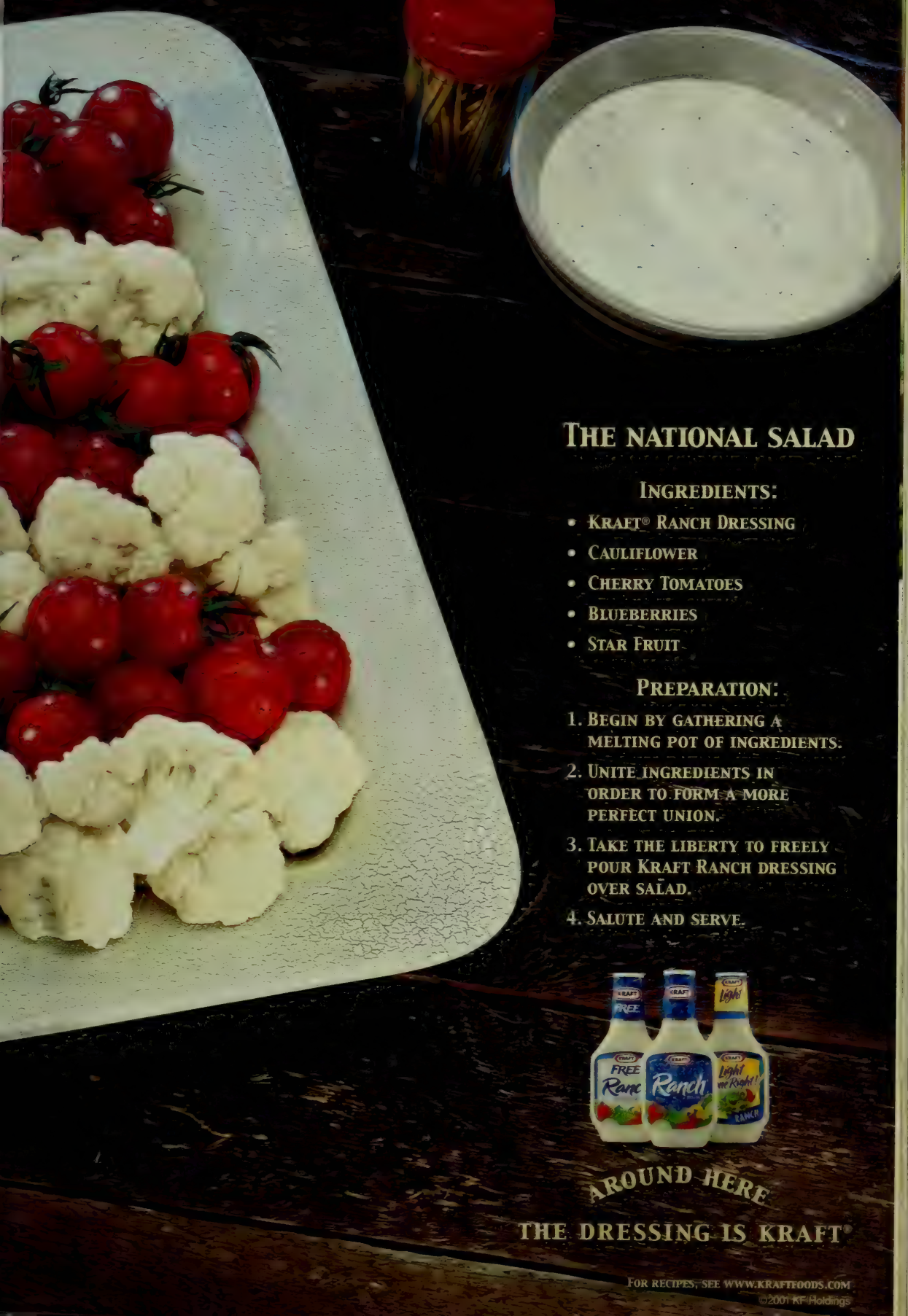
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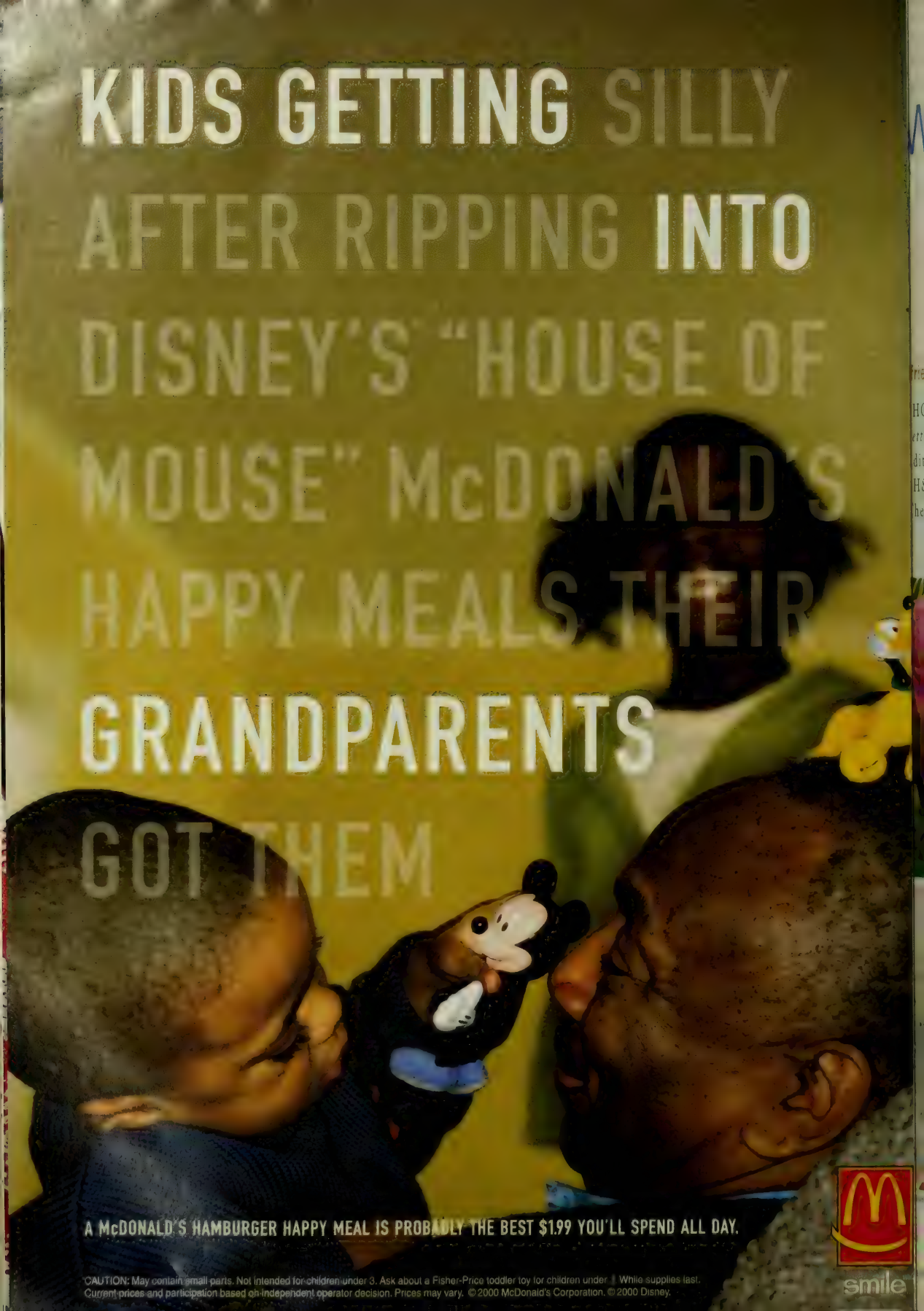
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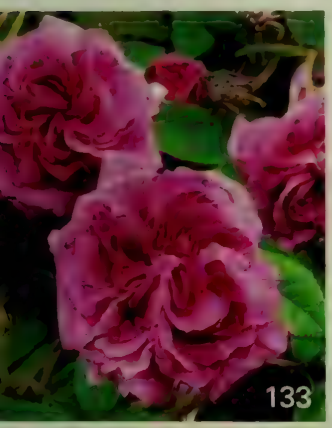
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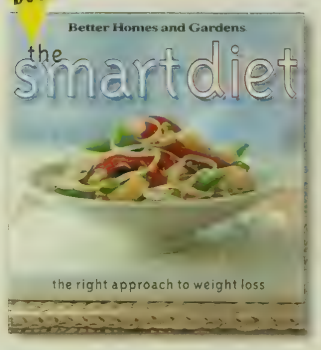
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For many of us, March brings a longing to shake off the winte doldrums. One of the best ways to lift those March blues is to watc *Better Homes and Gardens*® Television. This month, host Jeanett Trompeter will take you to places that are anything but dull. Rela under swaying palm trees in Jamaica, stroll along the gorgeou beaches of Miami, and sample some fresh fruits and vegetables at Sa Francisco's famous Ferry Plaza Farmer's Market. And as always, Jeanette introduces you to fabulous local chefs who will prepare great-tasting recipes that are sure to become your family's favorites. Plus, you will discover imaginative gardening, landscaping, and decorating ideas to help beautify your home.



Weekend of **March 3-4**. Join Jeanette as she takes you to the sunny Caribbean island of **Jamaica** to explore "Jamaica Spice," the ultimate festival for anyone who enjoys spicy food. And gardening expert Chris Dawson has some tips for enriching your yard and beds with easy-to-make compost.

march

Weekend of **March 10-11**. Cookbook author and radio personality Lynne Rossetto Kasper shares her passion and expertise for Italian cooking by preparing two delicious family-style recipes with Jeanette. And gardener Chris shows you how to save on seeds and starter plants by harvesting seeds yourself.

Weekend of **March 17-18**. Jeanette takes you to **San Francisco** to meet Jody Denton, executive chef at Restaurant LuLu. Jody makes an irresistible pork rib roast with sage, lemon, and garlic. And if you're looking for something a bit unusual to add to a flower garden, you will find ornamental onions a fresh idea.

Weekend of **March 24-25**. Jeanette heads south to **Miami** for a banquet with a tropical twist. Cookbook author and grilling guru Steven Raichlen makes a special smoked turkey. He'll also demonstrate how to use your grill to fire up some tasty side dishes. Chris will be back out in the garden to show you how to mix your own potting soil. Dig in!

Check your local TV listings for the *Better Homes and Gardens*® weekly television show. For more information and a recap of subjects from previously aired episodes, visit our fun and informative Internet site at www.bhg.com or type in AOL Keyword: BHG.



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ANDY LYONS

March is a fickle month here in Iowa. It can lure you with a premature warm breeze, then turn around and slam you with an icy blast. There can be a flicker of faint sun, then one more dumping of snow. This is the time of year when my innate restlessness bubbles to the surface. Even as a kid, March for me was a tug-of-war between clinging to the last of winter's snow fun and longing for the rituals of spring—moving back into my playhouse, hunting wildflowers and, most of all, shedding my long cotton stockings.

As an adult, the restlessness is even worse. I love my home dearly, but I've spent too much time in it lately and I'd like a fresher look. I've enjoyed watching snowfalls turn my woods into an enchanted forest, but I'm sick of snow covering my perennial gardens. I want to get out there with a giant hair dryer and make the snow go away so I can start planting again. I'm living vicariously through seed catalogs.

If March affects you the same way, you might find some seasonal relief (as well as some good ideas) in this month's stories "Sunshine State" (*page 143*) and "Top 10 Easy Roses" (*page 133*). I've watched these features come together over the past months, and each time I've seen the film or looked at the layouts, my winter-weary psyche has been warmed.

Those traits of impatience and champing at the bit for change have always been part of who I am. But with that kind of "charge ahead" attitude, it's easy to be less appreciative of things as they are. And I don't want that. So I'm trying to enjoy each chilly gust of March knowing that when summer settles in I'll wish for some of this coolness. I'm trying to see the snowmelt as the passing of what was really a very good season. I'm learning to enjoy the last sips of winter wine.

Jean

Jean LemMon, *Editor in Chief*

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family network

Birthday file box

I keep a card file of birthdays (in chronological order) for my friends and each person in my family. Throughout the year, I write gift ideas on these cards. As each birthday comes along, I review the notes I have made. Later, I jot down what present I purchased. Then the card is placed in the back, and the next birthday comes to the front.

Amy Parkin
Layton, Utah

Promote good behavior while shopping

I've solved my shopping blues by paying my grade-school-age sons to baby-sit themselves while they're out shopping with me. They earn 50 cents for each quarter-hour of good behavior, nothing for bad. I remind them of the rules beforehand, emphasizing that they know right from wrong. On a recent shopping trip, they were motivated to earn money for our upcoming vacation.

Lynn-Ann Lackemacher
Ormond Beach, Fla.

Homework in transit

With children in three schools and extracurricular activities as well, our family spends an enormous amount of time on the road. We created a "homework-in-the-car kit," so the kids can make productive use of car time. The kit includes pencils, crayons, scissors, tape, a ruler, paper clips, and a calculator.

Jayne Ferrer
Greenville, S.C.

Solution for washing 'blanky'

When my first baby's favorite blanket became soiled, getting it away for washing was a problem. To prevent that situation with my second child, I divided her beloved blanket into three pieces. One was always available while the others were washed.

Barbara Bengels
Garden City, N.Y.

Marshmallow math

My kindergartner and first-grader love learning math concepts since I introduced "marshmallow math." Instead of dessert, I give each a handful of colored mini-marshmallows and have the kids solve math problems with them. They might group them by color, then tell me how many are in each group. Other times I tell the children to break them into groups of two, three, or five. They think it's a game, but they're learning addition, subtraction, and even multiplication with this sweet game.

Kaarin Marx-Smith
Portland, Ore.

Share the joy of gift-giving

My children love to help with gift-wrapping, so I asked them to make finger-painted gift tags. They dip their hands in finger paint, make handprints on paper, and cut out the tags. They add a homemade, old-fashioned touch to gift-giving.

Vicki Watson
Columbus, Ohio

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Shooting Galleries

Ready, aim, fire up a blank wall with focal-point photo displays. Even amateur snapshots can look like fine art when you surround them with big mats and paint the walls to become part of the picture.



Wide-angle panoramic vacation shots hung at diners' eye level ground this space with a sense of low-lying serenity. The whisper-soft pastel color scheme was inspired by the seafaring images.

A chair rail, mounted at one-third the wall height, reinforces the strong horizontal lines of artwork. Painted a foamy green below the rail and a misty pink above, the wall mimics the colors of the sea and sky.

Cut or buy three 23×35-inch mats with openings for 4×10-inch panoramics. (See *page 32* for mat-cutting instructions.) Choose mat colors, such as these soft pastels, that complement the photos and wall.

Save on the expense of large custom frames by buying metal frame kits you assemble yourself. Buy one package the length of the mat and one the width. (Each package contains two sides.)

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Heartwarming family photos and an autumnal palette of gold, red, and orange spark up this cozy study. Spotlighting small photos in large mats and gallery-style frames gives them portrait presence.

Instead of a hodgepodge of photos and frames, edit your pictures to a favorite few and unify them with a single frame style. We used deep shadow-box style frames to give the artwork added dimension.

Tomato red walls pack a lot of punch in this small space, but don't overpower as they might in a larger room. The warm-toned red also complements the honeyed hues of the wood frames and wicker-front chest.



Layer mats to create an extra "frame" around the picture. Make the top opening ¼ to ½ inch larger than the photo. Matting instructions, *page 32*.

Focus on the faces in your photos, not unnecessary backgrounds. When shooting portraits, zoom in close. Or enlarge and crop photos to show off your subjects.

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continued from page 26



A foursome of colorfully matted photos, set against vivid striped walls, forms an artful—and inexpensive—headboard. Choose photos that are related in theme, such as these architectural doorway shots.

Rather than dwarf these 4×6-inch snapshots, oversized 16×20-inch mats and glossy white frames draw attention to the artwork. Set the photos only slightly above center for a graphic, bull's-eye effect.

To paint the wall stripes, first cover the entire surface in one color. Then use a level and pencil to mark off 22-inch stripes. Use painter's tape to mask off stripes and paint alternating sections in the second color.



Commonly used for holding glass in windows, glazing points also can be used to secure mats and backing in picture frames. Use a screwdriver to push the tip of each point into the wood frame.

continued on page 30

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continued from page 28

Garden variety flower shots and frameless mats freshen up a breakfast nook. Match mat colors to the flowers, throwing in a sky-bright blue for contrast.

Cutting the mats yourself and forgoing frames can save you a bundle. (See mat cutting instructions, *page 32.*) We used 12×16-inch mats to frame 4×6-inch photos. The triple-photo mat measures 16×26.

Paint the wall a mid-bright color as a backdrop. (A light yellow-green is a nice complement to the warm-toned mats and flowers.) A wall shelf allows you to stack some photos, instead of hanging them.

lively



Available at frame shops or crafts supply stores, clear plastic corners with tacks attached (*left*) fit around poster or mat board. They fasten the artwork directly to the wall.

continued on page 32



We were there when you found your first love

She was hot

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Cutting your own mats is relatively simple and, especially if you have lots of pictures to hang, can make the cost of framed artwork much more reasonable. Art supply stores sell mat cutters ranging from about $12 up to as much as $300. Mat board costs about $6 for a 32×40-inch sheet. By comparison, a custom-cut 8×10-inch mat costs around $8. Mat-cutting instructions vary, according to which type of cutter you choose. Here are some general guidelines for making beveled openings for your snapshots.

Materials:
20×30-inch mat boards in the colors of your choice
Large paper cutter, or utility knife and straightedge
Mat cutter with guide rail
Pencil with eraser
T-square
Ruler



Photo 1: Cut the perimeter. The size of your mat will be determined by the size of the frame. Measure your frame inset to find the outside measurements for the mat. On the front of the mat board, mark the measurements and cut out the mat using a large paper cutter, or utility knife and straightedge.



Photo 2: Measure and mark. Plan the measurements for the picture opening. Place the snapshot at the center on the back of the mat. With a ruler, measure distances from the four edges of the photo to the four edges of the mat. Subtract an inch or so from the top measurement and add it to the bottom. (Artwork positioned slightly above center appears more balanced when it is viewed from a distance.) Place the T-square against the edge of the mat to make sure your lines are square and, with the ruler, measure and mark the opening on the back of the mat with a pencil.



Photo 3: Make the cuts. Follow the instructions that come with your mat cutter. Different cutters may have different methods. However, the instructions will look something like this: Set the mat cutter for the beveled opening position. Place the mat in the mat cutter, color side down. Slide it under the guide rail and up against the mat guide. Line up the marked line with the right edge of the guide rail. (Note: For large mats that exceed the guidelines of the cutter, remove the guide rail from the cutter to allow room for inserting the mat.)

Position the mat cutter so the silver indicator line lines up with the bottom intersecting pencil line. Hold downward pressure on the guide rail with your left hand and place your right thumb on the thumb divot on the retractable blade holder. Plunge the blade down into the mat. Lower the heel of your hand behind the cutting head as much as possible to get maximum leverage. Keeping downward pressure on the blade holder and the guide rail, slide the bevel cutter away from you until it intersects with the upper line. Do not go past the line.

Use your thumb to pull the blade holder back into the up position so that the blade is removed from the mat. Rotate the mat and repeat the steps for the remaining three sides.



Photo 4: Remove the fallout. If you have followed the instructions for operating the mat cutter precisely, the center rectangle should lift out smoothly. Place the snapshot over the opening and fasten it onto the back of the mat with white art tape.

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BRIEF SUMMARY

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Inhalation Aerosol

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Inhalation Aerosol

For Oral Inhalation Only

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: FLOVENT Inhalation Aerosol is contraindicated in the primary treatment of status asthmaticus or other acute episodes of asthma where intensive measures are required.

Hypersensitivity to any of the ingredients of these preparations contraindicates their use.

WARNINGS:

Particular care is needed for patients who are transferred from systemically active corticosteroids to FLOVENT Inhalation Aerosol because deaths due to adrenal insufficiency have occurred in patients with asthma during and after transfer from systemic corticosteroids to less systemically available inhaled corticosteroids. After withdrawal from systemic corticosteroids, a number of months are required for recovery of hypothalamic-pituitary-adrenal (HPA) function.

Patients who have been previously maintained on 20 mg or more per day of prednisone (or its equivalent) may be most susceptible, particularly when their systemic corticosteroids have been almost completely withdrawn. During this period of HPA suppression, patients may exhibit signs and symptoms of adrenal insufficiency when exposed to trauma, surgery, or infection (particularly gastroenteritis) or other conditions associated with severe electrolyte loss. Although fluticasone propionate inhalation aerosol may provide control of asthma symptoms during these episodes, in recommended doses it supplies less than normal physiological amounts of glucocorticoid systemically and does NOT provide the mineralocorticoid activity that is necessary for coping with these emergencies.

During periods of stress or a severe asthma attack, patients who have been withdrawn from systemic corticosteroids should be instructed to resume oral corticosteroids (in large doses) immediately and to contact their physicians for further instruction. These patients should also be instructed to carry a warning card indicating that they may need supplementary systemic corticosteroids during periods of stress or a severe asthma attack.

Patients requiring oral corticosteroids should be weaned slowly from systemic corticosteroid use after transferring to fluticasone propionate inhalation aerosol. In a trial of 96 patients, prednisone reduction was successfully accomplished by reducing the daily prednisone dose by 2.5 mg on a weekly basis during transfer to inhaled fluticasone propionate. Successive reduction of prednisone dose was allowed only when lung function, symptoms, and as-needed beta-agonist use were better than or comparable to that seen before initiation of prednisone dose reduction. Lung function (forced expiratory volume in 1 second [FEV_1] or morning peak expiratory flow rate [AM PEFR]), beta-agonist use, and asthma symptoms should be carefully monitored during withdrawal of oral corticosteroids. In addition to monitoring asthma signs and symptoms, patients should be observed for signs and symptoms of adrenal insufficiency such as fatigue, lassitude, weakness, nausea and vomiting, and hypotension.

Transfer of patients from systemic corticosteroid therapy to fluticasone propionate inhalation aerosol may unmask conditions previously suppressed by the systemic corticosteroid therapy, e.g., rhinitis, conjunctivitis, eczema, and arthritis.

Persons who are on drugs that suppress the immune system are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in susceptible children or adults on corticosteroids. In such children or adults who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.

Fluticasone propionate inhalation aerosol is not to be regarded as a bronchodilator and is not indicated for rapid relief of bronchospasm.

As with other inhaled asthma medications, bronchospasm may occur with an immediate increase in wheezing after dosing. If bronchospasm occurs following dosing with FLOVENT Inhalation Aerosol, it should be treated immediately with a fast-acting inhaled bronchodilator. Treatment with FLOVENT Inhalation Aerosol should be discontinued and alternative therapy instituted.

Patients should be instructed to contact their physicians immediately when episodes of asthma that are not responsive to bronchodilators occur during the course of treatment with fluticasone propionate inhalation aerosol. During such episodes, patients may require therapy with oral corticosteroids.

PRECAUTIONS:

General: During withdrawal from oral corticosteroids, some patients may experience symptoms of systemically active corticosteroid withdrawal, e.g., joint and/or muscular pain, lassitude, and depression, despite maintenance or even improvement of respiratory function.

Fluticasone propionate will often permit control of asthma symptoms with less suppression of HPA function than therapeutically equivalent oral doses of prednisone. Since fluticasone propionate is absorbed into the circulation and can be systemically active at higher doses, the beneficial effects of fluticasone propionate inhalation aerosol in minimizing HPA dysfunction may be expected only when recommended dosages are not exceeded and individual patients are titrated to the lowest effective dose. A relationship between plasma levels of fluticasone propionate and inhibitory effects on stimulated cortisol production has been shown after 4 weeks of treatment with fluticasone propionate inhalation aerosol. Since individual sensitivity to effects on cortisol production exists, physicians should consider this information when prescribing fluticasone propionate inhalation aerosol.

Because of the possibility of systemic absorption of inhaled corticosteroids, patients treated with these drugs should be observed carefully for any evidence of systemic corticosteroid effects. Particular care should be taken in observing patients postoperatively or during periods of stress for evidence of inadequate adrenal response.

It is possible that systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear in a small number of patients, particularly at higher doses. If such changes occur, fluticasone propionate inhalation aerosol should be reduced slowly, consistent with accepted procedures for reducing systemic corticosteroids and for management of asthma symptoms.

A reduction of growth velocity in children or teenagers may occur as a result of inadequate control of chronic diseases such as asthma or from use of corticosteroids for treatment. Physicians should closely follow the growth of adolescents taking corticosteroids by any route and weigh the benefits of corticosteroid therapy and asthma control against the possibility of growth suppression if an adolescent's growth appears slowed.

The long-term effects of fluticasone propionate in human subjects are not fully known, in particular, the effects resulting from chronic use of fluticasone propionate on developmental or immunologic processes in the mouth, pharynx, trachea, and lung are unknown. Some patients have received fluticasone propionate inhalation aerosol on a continuous basis for periods of 3 years or longer. In clinical studies with patients treated for nearly 2 years with inhaled fluticasone propionate, no apparent differences in the type or severity of adverse reactions were observed after long- versus short-term treatment.

Rare instances of glaucoma, increased intraocular pressure, and cataracts have been reported following the inhaled administration of corticosteroids, including fluticasone propionate.

In clinical studies with inhaled fluticasone propionate, the development of localized infections of the pharynx with *Candida albicans* has occurred. When such an infection develops, it should be treated with appropriate local or systemic (i.e., oral antifungal) therapy while remaining on treatment with fluticasone propionate inhalation aerosol, but at times therapy with fluticasone propionate may need to be interrupted.

Inhaled corticosteroids should be used with caution, if at all, in patients with active or quiescent tuberculosis infection of the respiratory tract; untreated systemic fungal, bacterial, viral or parasitic infections; or ocular herpes simplex.

Eosinophilic Conditions: In rare cases, patients on inhaled fluticasone propionate may present with systemic eosinophilic conditions, with some patients presenting with clinical features of vasculitis consistent with Churg-Strauss syndrome, a condition that is often treated with systemic corticosteroid therapy. These events usually, but not always, have been associated with the reduction and/or withdrawal of oral corticosteroid therapy following the introduction of fluticasone propionate. Cases of serious eosinophilic conditions have also been reported with other inhaled corticosteroids in this clinical setting. Physicians should be alert to eosinophilia, vasculitic rash, worsening pulmonary symptoms, cardiac complications, and/or neuropathy presenting in their patients. A causal relationship between fluticasone propionate and these underlying conditions has not been established (see ADVERSE REACTIONS).

Information for Patients: Patients being treated with FLOVENT Inhalation Aerosol should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should use FLOVENT Inhalation Aerosol at regular intervals as directed. Results of clinical trials indicated significant improvement may occur within the first day or two of treatment; however, the full benefit may not be achieved until treatment has been administered for 1 to 2 weeks or longer. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens.

Patients should be warned to avoid exposure to chickenpox or measles and, if they are exposed, to consult their physicians without delay.

For the proper use of FLOVENT Inhalation Aerosol and to attain maximum improvement, the patient should read and follow carefully the accompanying Patient's Instructions for Use.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in studies of oral doses up to 1000 mcg/kg (approximately 2 times the maximum human daily inhalation dose based on mcg/m^2) for 78 weeks in the mouse or inhalation of up to 57 mcg/kg (approximately 1/4 the maximum human daily inhalation dose based on mcg/m^2) for 104 weeks in the rat.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells in vitro. No significant clastogenic effect was seen in cultured human peripheral lymphocytes in vitro or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow.

No evidence of impairment of fertility was observed in reproductive studies conducted in rats dosed subcutaneously with doses up to 50 mcg/kg (approximately 1/4 the maximum human daily inhalation dose based on mcg/m^2) in males and females. However, prostate weight was significantly reduced in rats.

Pregnancy: *Teratogenic Effects:* Pregnancy Category C. Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (approximately 1/10 and 1/2 the maximum human daily inhalation dose based on mcg/m^2, respectively), revealed fetal toxicity characteristic of potent glucocorticoid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed following subcutaneous doses of 4 mcg/kg (approximately 1/25 the max[illegible] daily inhalation dose based on mcg/m^2). However, following oral administration of up to 300 mcg/kg (approximately 3 times the maximum huma[illegible] inhalation dose based on mcg/m^2) of fluticasone propionate to the rabbit, there were no maternal effects nor increased incidence of external, v[illegible] skeletal fetal defects. No fluticasone propionate was detected in the plasma in this study, consistent with the established low bioavailability follo[illegible] administration (see CLINICAL PHARMACOLOGY section of full prescribing information).

Less than 0.008% of the administered dose crossed the placenta following oral administration of 100 mcg/kg to rats or 300 mcg/kg to rat[illegible] imately 1/2 and 3 times the maximum human daily inhalation dose based on mcg/m^2, respectively).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the benefit justifies the potential risk to the fetus.

Experience with oral glucocorticoids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are to teratogenic effects from glucocorticoids than humans. In addition, because there is a natural increase in glucocorticoid production during pre[illegible] most women will require a lower exogenous glucocorticoid dose and many will not need glucocorticoid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. Subcutaneous administration of 10 mcg/kg drug to lactating rats (approximately 1/20 the maximum human daily inhalation dose based on mcg/m^2) resulted in measurable radioactivity in and milk. Because glucocorticoids are excreted in human milk, caution should be exercised when fluticasone propionate inhalation aerosol is ad to a nursing woman.

Pediatric Use: One hundred thirty-seven (137) patients between the ages of 12 and 16 years were treated with fluticasone propionate inhalatio[illegible] the US pivotal clinical trials. The safety and effectiveness of FLOVENT Inhalation Aerosol in children below 12 years of age have not been establi[illegible] corticosteroids have been shown to cause a reduction in growth velocity in children and teenagers with extended use. If a child or teenager on a corticosteroid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of corticosteroids should be c[illegible] (see PRECAUTIONS).

Geriatric Use: Five hundred seventy-four (574) patients 65 years of age or older have been treated with fluticasone propionate inhalation aeros[illegible] non-US clinical trials. There were no differences in adverse reactions compared to those reported by younger patients.

ADVERSE REACTIONS: The following incidence of common adverse experiences is based upon 7 placebo-controlled US clinical trials in[illegible] 1243 patients (509 female and 734 male adolescents and adults previously treated with as-needed bronchodilators and/or inhaled corticosteroid[illegible] treated with fluticasone propionate inhalation aerosol (doses of 88 to 440 mcg twice daily for up to 12 weeks) or placebo.

Overall Adverse Experiences With >3% Incidence on Fluticasone Propionate in US Controlled Clinical Trials in Patients Previously Receiving Bronchodilators and/or Inhaled Corticosteroids

Adverse Event	Placebo (n = 475) %	FLOVENT 88 mcg twice daily (n = 488) %	FLOVENT 220 mcg twice daily (n = 95) %	FLOV 440 twice (n = [illegible] %
Ear, nose, and throat				
Pharyngitis	7	10	14	14
Nasal congestion	8	8	16	10
Sinusitis	4	3	6	5
Nasal discharge	3	5	4	4
Dysphonia	1	4	3	8
Allergic rhinitis	4	5	3	3
Oral candidiasis	1	2	3	5
Respiratory				
Upper respiratory infection	12	15	22	16
Influenza	2	3	8	5
Neurological				
Headache	14	17	22	17
Average duration of exposure (days)	44	66	64	59

The table above includes all events (whether considered drug-related or nondrug-related by the investigator) that occurred at a rate of over 3 combined fluticasone propionate inhalation aerosol groups and were more common than in the placebo group. In considering these data, differenc average duration of exposure should be taken into account.

These adverse reactions were mostly mild to moderate in severity, with ≤2% of patients discontinuing the studies because of adverse events cases of immediate and delayed hypersensitivity reactions, including urticaria and rash and other rare events of angioedema and bronchospasm, t reported.

Systemic glucocorticoid side effects were not reported during controlled clinical trials with fluticasone propionate inhalation aerosol. If recomm doses are exceeded, however, or if individuals are particularly sensitive, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

Other adverse events that occurred in these clinical trials using fluticasone propionate inhalation aerosol with an incidence of 1% to 3% and v occurred at a greater incidence than with placebo were:

Ear, Nose, and Throat: Pain in nasal sinus(es), rhinitis.
Eye: Irritation of the eye(s).
Gastrointestinal: Nausea and vomiting, diarrhea, dyspepsia and stomach disorder.
Miscellaneous: Fever.
Mouth and Teeth: Dental problem.
Musculoskeletal: Pain in joint, sprain/strain, aches and pains, pain in limb.
Neurological: Dizziness/giddiness.
Respiratory: Bronchitis, chest congestion.
Skin: Dermatitis, rash/skin eruption.
Urogenital: Dysmenorrhea.

In a 16-week study in patients with asthma requiring oral corticosteroids, the effects of fluticasone propionate inhalation aerosol, 660 mcg twi (n = 32) and 880 mcg twice daily (n = 32), were compared with placebo. Adverse events (whether considered drug-related or nondrug-related by t investigator) reported by more than 3 patients in either fluticasone propionate group and which were more common with fluticasone propionate th placebo are shown below:

Ear, Nose, and Throat: Pharyngitis (9% and 25%), nasal congestion (19% and 22%), sinusitis (19% and 22%), nasal discharge (16% and 16% dysphonia (19% and 9%), pain in nasal sinus(es) (13% and 0%), Candida-like oral lesions (16% and 9%), oropharyngeal candidiasis (25% and 19%
Respiratory: Upper respiratory infection (31% and 19%), influenza (0% and 13%).
Other: Headache (28% and 34%), pain in joint (19% and 13%), nausea and vomiting (22% and 16%), muscular soreness (22% and 13%), malaise/fatigue (22% and 28%), insomnia (3% and 13%).

Observed During Clinical Practice: In addition to adverse events reported from clinical trials, the following events have been identified during post use of fluticasone propionate in clinical practice. Because they are reported voluntarily from a population of unknown size, estimates of frequency c made. These events have been chosen for inclusion due to either their seriousness, frequency of reporting, causal connection to fluticasone propion combination of these factors:

Ear, Nose, and Throat: Throat soreness and irritation, hoarseness, laryngitis, aphonia.
Endocrine and Metabolic: Cushingoid features, growth velocity reduction in children/adolescents, weight gain, hyperglycemia.
Psychiatry: Restlessness, agitation, aggression, depression.
Respiratory: Immediate bronchospasm, asthma exacerbation, dyspnea, wheeze, chest tightness, bronchospasm, cough.
Skin: Pruritus, contusions, ecchymoses.
Eosinophilic Conditions: In rare cases, patients on inhaled fluticasone propionate may present with systemic eosinophilic conditions, with some patients presenting with clinical features of vasculitis consistent with Churg-Strauss syndrome, a condition that is often treated with systemic corticos therapy. These events usually, but not always, have been associated with the reduction and/or withdrawal of oral corticosteroid therapy following the duction of fluticasone propionate. Cases of serious eosinophilic conditions have also been reported with other inhaled corticosteroids in this clinical s Physicians should be alert to eosinophilia, vasculitic rash, worsening pulmonary symptoms, cardiac complications, and/or neuropathy presenting in th patients. A causal relationship between fluticasone propionate and these underlying conditions has not been established (see PRECAUTIONS: Eosinop Conditions).

OVERDOSAGE: Chronic overdosage may result in signs/symptoms of hypercorticism (see PRECAUTIONS). Inhalation by healthy volunteers of a single of 1760 or 3520 mcg of fluticasone propionate inhalation aerosol was well tolerated. Fluticasone propionate given by inhalation aerosol at doses of 1320 mcg twice daily for 7 to 15 days to healthy human volunteers was also well tolerated. Repeat oral doses up to 80 mg daily for 10 days in healt volunteers and repeat oral doses up to 20 mg daily for 42 days in patients were well tolerated. Adverse reactions were of mild or moderate severity incidences were similar in active and placebo treatment groups. The oral and subcutaneous median lethal doses in rats and mice were >1000 mg/kg (>2000 times the maximum human daily inhalation dose based on mg/m^2).

GlaxoWellcome
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Extra virgin olive oil is as much a part of Italian civilization as the Colosseum. As a marinade for meat, in pasta sauces and salad dressings, or simply drizzled on crusty bread, extra virgin olive oil is at the heart of an Italian meal.

A bottle of extra virgin olive oil takes center stage on the Italian table. Over the past few years, Americans have come to appreciate the delicate flavor of extra virgin olive oil along with its health benefits, as the Italians always have.

For Italians, harvesting olives each autumn has been a way of life for centuries. The fresh-pressed olive juice called "extra virgin" often carries hints of flavor acquired from the local countryside, such as almond, pepper, or apples. In this respect, butter and other oils don't compare.



What's more, no refining or chemical processing is involved. "Italians learned very early on that this all-natural 'gift of the Mediterranean' could be used to accentuate the flavor of almost any dish," says Enrico Colavita, whose family has been producing extra virgin olive oil for four generations in the Molise region of Italy. This lush, mountainous area south east of Rome is little known by tourists but famous for its production of fine olive oils, pasta, cheese and wine.

These culinary riches are all combined Olive Garden Restaurants, where Execut Chef Paolo La Fata has created such dish as Penne Romana – pasta tossed with fresh green beans, tomatoes and extra virgin olive oil, in a white wine herb sau

"No Italian kitchen is complete without olive oil," La Fata says. "It enhances every dish it touches." uses it to flavor one of his favorites from the Olive Garden menu – tender, juicy Pork Filettino. He also brushes olive o over the accompanying roasted potatoes. "Honestly," La Fa says, "it's hard to imagine Italian food without it."■

To learn more about olive oil, visit olivegarden.com

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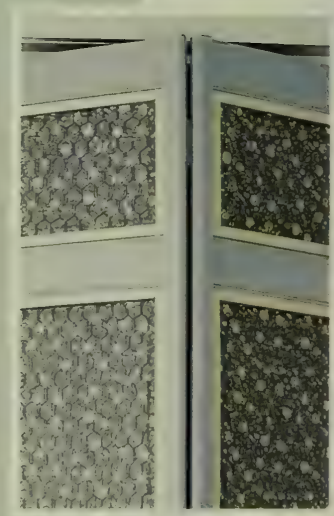
When you're here, you're Family.

Dress Up Closet Doors

by Catherine Kramer







Though closet doors may hide a multitude of sins, they don't have to be unsightly or uninspiring. Whether flat or paneled, ordinary bifold doors perk up with the help of simple embellishments. A little paint, fabric, and wood trim are all you need to transform doors-that-bore into movable style statements that reveal your good taste while concealing your clutter.

continued on page 40

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continued from page 38

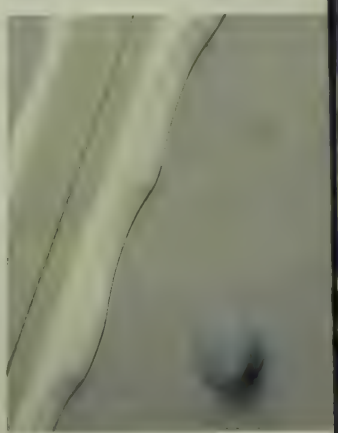


Turn inexpensive bifold doors into a fanciful focal point by blending a two-tone paint finish with the undulating contours of decorative trim. Position the molding at least 2 inches in from door edges, and paint wooden pulls to blend with the interior panels (*right*).

Making Waves

Throw a curve into your room decor with whimsical bifold doors that mimic the motion of ocean waves. Here, scalloped trim punctuates blue-on-green doors with lighthearted dimension. Look for trims in specialty catalogs and home supply stores. Set the doors on sawhorses, and paint the panels to match the room's wall color. After the paint dries, use a yard-long level and 2-inch painter's tape to define the center panel. The tape protects outer door edges from inadvertent paint splashes. Roll the center with a contrasting hue that matches your color scheme. Remove painter's tape. Cut four molding strips to fit the perimeter of each painted panel, mitering the corners. Paint the molding white. With curves facing in, line up molding on the outer edges of the painted panel. Nail the molding in place with 1-inch brads. Set nails and fill with wood putty or a touch-up stick, and paint.

continued on page 4





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continued from page 40

To give dull doors shape and definition, paint them a shade darker than the wall color and deck them with fabric panels, softly pleated into an hourglass shape. Use curtain rods that mount almost flush with the surface (*right*) so the doors open and close freely.





Door Dressing

Just like windows, closet doors can benefit from a fabric flourish. These bifolds take on French-door appeal when outfitted in simple stripes and ribbon bows. Choose a fabric pattern with a small repeat, such as a stripe or small geometric or floral, that lends itself to a long, vertical application. Determine the length and width of the gathered panels, leaving roughly 6 inches of door at the top and bottom, and 2 inches on each side. Measure and cut the fabric, allowing for one and a half to two times the finished panel width, as well as 1-inch rod pockets and 1-inch headers at the top and bottom. Sew hems and rod pockets. Center cafe rods on the doors and mount them so that the space between the rods is ½ inch shorter than the length of the fabric panel (i.e. if your panel is 70 inches long, mount rods 69½ inches apart). Hang the panels and gather middle with a wired ribbon and bow, a fabric tieback, or braided cording and a tassel.

continued on page 46

-advertisement-

Why Your Dentist Has Gums on the Brain.

Studies show that healthy gums are key to keeping your teeth.

If you're over 35, your dentist is probably talking less about cavities and more about gums.

Pay attention.

The fact is, 3 out of 4 people over 35 have some form of gum disease. It starts with plaque, a sticky film of bacteria that constantly forms on teeth and attacks your gums. Without proper oral care, plaque can lead to an early reversible form of gum disease, called gingivitis. Gingivitis can progress to periodontitis, a more serious form of gum disease.

8 signs of gum disease

1. Gums that bleed during brushing.
2. Red, swollen or tender gums.
3. Gums that have pulled away from teeth.
4. Bad breath that lingers.
5. Pus between your teeth and gums.
6. Loose teeth.
7. A change in the way your teeth fit together when you bite.
8. A change in the way partial dentures fit.

Fortunately, gingivitis is an entirely preventable condition. Daily brushing and flossing are critical—along with regular trips to your dentist.

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While most toothpastes can help prevent cavities, very few contain ingredients that are also effective against gingivitis.

Look for a germ-killing formula like the new Listerine Essential Care™ brand. Use it morning and night and after meals, whenever possible.

Killing germs breaks the cycle that can lead to gum disease. So your gums stay pink, firm and healthy. And your teeth stay where they belong—in your mouth!

Talk to your dentist or hygienist about making Listerine Essential Care™ toothpaste part of your oral care routine.

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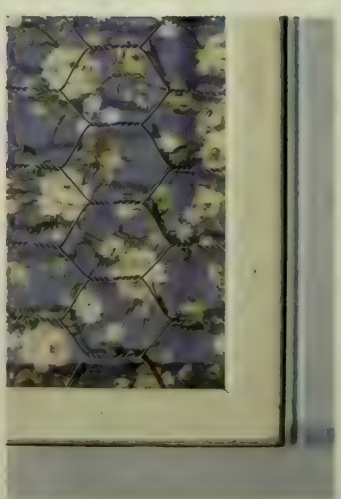
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Fence It In

For a cheerful country backdrop, use barnyard texture and field-fresh posies to blanket sections of a door. Gingham fabric and chicken wire are the principle ingredients for this down-home look. First, prime and paint the bifold doors a hue that subtly contrasts with walls and trim. Cut fabric to fit your desired size of recessed panels. Lightly coat the backs of the fabric panels with spray adhesive, and smooth into place. Wearing protective gloves and using sharp wire-clippers, cut chicken wire to fit over the fabric panels. Staple the wire along the edges. To create the recessed look (and to hide the wire's stapled edges), frame each flower-and-wire block with white-painted screen molding.





Take your doors for a ride in the country with panels of smooth flowery chintz and chicken-wire grids. Miter the corners of screen molding to create the frames (*left*), then mount with finishing nails. Set the nails and fill with putty or a touch-up stick, and a dab of paint.


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decorating with

beads

A need for casualness—but an interest in the upscale—has us clinging to slipcovers while yearning for sophistication. Try one of these beading projects to heighten your style a notch.



by Gina Harrell and Sarah Egge

light effects

Beaded fringe is the garnish of the moment. Used to deck everything from pillows to ball gowns, its elegant look is all the rage.

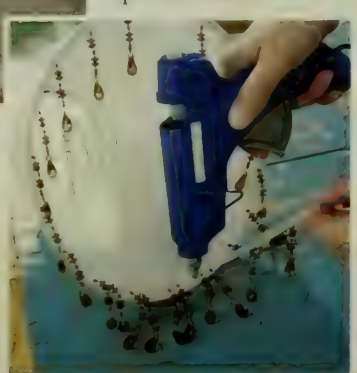
You can bring the upscale trapping to your home with this no-sew lampshade project. Visit the fabric store and pick up two kinds of similar beaded trimmings: finished fringe, such as the braided kind on the top of this shade (*left*); and unfinished fringe, which is meant to be sewn into something. We used unfinished fringe to tuck behind the bottom lip of the shade.

Like other decorative trims, beaded fringe is sold by the yard. You'll need just a smidgen of finished fringe for the top of the lampshade, but you'll need enough unfinished fringe to ring the bottom of the shade three times.

Measure and cut the trim for the top of the shade. Using a hot-glue gun, attach the trim to the shade.

Measure and cut the trim for the bottom of the shade long enough to circle the shade once. Glue this trim in place inside the shade.

Because the beading on the fringe is widely spaced, glue on two more layers of fringe. Stagger them to fill in the gaps (*left*).



continued on page 50

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continued from page 48



catchy trimmings

Like dangling earrings, this beaded tassel is an example of high style in a small package.

To make this tassel, buy three types of glass beads—size 8 seed beads, 12 mm bugle beads (the tubes), and flat disc beads—in a variety of colors. Then pick up a large bead for the top of the tassel.

You can find similar beads at specialty stores, crafts stores, and from bead supply Web sites.

Using a small-eye needle will help you catch the tiny seed beads onto the beading floss.

Space the colors randomly, but thread the beads in a specific order. You'll create loops that can be tied up with thread to form the tassel.

Start a loop with a bugle bead, then alternate seed and bugle beads for about 3 inches, ending on a bugle bead. Add a disc bead after the bugle bead.

Draw the floss out of the disc bead, through an anchoring seed bead, and back through the disc bead. (This forms the dangling end of the loop.) Continue beading the same distance as the first length, alternating bugles and seed beads, and end on a bugle bead. (This gets you back to the start of a loop.)

Continue beading the length, repeating the pattern until you have enough beads for about 10 loops. Then form the loops and hang them on a ruler, aligning the disc beads at the bottom (*Photo 1*). Catch all the loops with a piece of floss and tie it into a knot (*Photo 2*). String the large bead on the floss and tie off.

These beaded tassels aren't washable, so attach them to something that won't get dirty, or remove them before washing.





continued on page 52



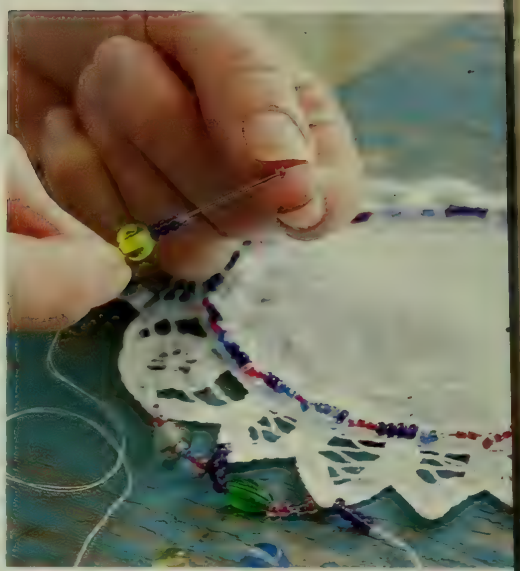
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delicate drink covers

Remember those doilies that Grandma covered her summertime drinks with to protect against pesky bugs? Along with all things nostalgic, those covers are making a comeback. Customize fabric-store doilies for drink covers, dresser scarves, or coasters with beaded trim to create a sentimental tabletop accessory.

Purchase two sizes of glass beads—seed beads and larger beads in various shapes—in a variety of colors. If you can't find exactly what you're looking for, check pre-strung beads. You can easily restring them. We used a mixture of both loose and pre-strung beads.

Bead the inner circle of the doily first. Thread a needle with sewing thread and draw the needle through the doily from the bottom. String about six small seed beads onto the thread, then catch some fabric with the needle and thread more beads. Continue this technique of beading and anchoring the thread to the fabric until the circle is completed.

For the edge trim, repeat the earlier beading technique. Start the thread on the outside edge of the doily. String four or five seed beads, then add a large bead, string four or five more seed beads, and catch the fabric. The large bead in the middle pulls the beads down and creates a scallop that accents the lace or crocheted edge of the doily.

continued on page 54

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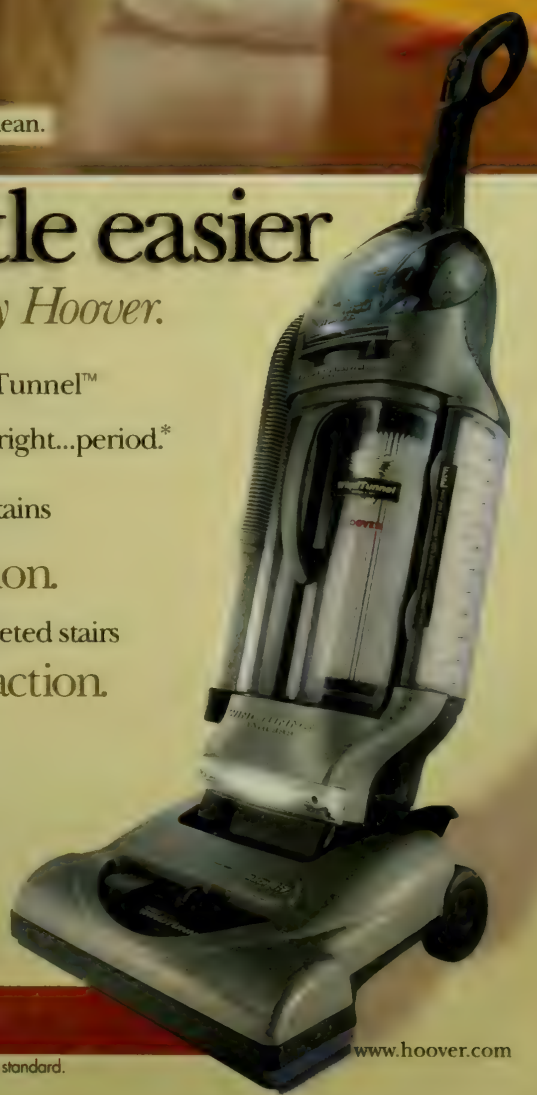
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continued from page 52





fringe elements

A quick pick-me-up for plain linens, pillows, and accessories, beaded fringe has traveled from fashion runways to our front hallways.

The technique for creating the beaded embellishment on this table skirt is similar to the technique for the lampshades on *page 48*. However, the best way to attach fringe to fabric is by sewing. Fabric glue is a less permanent option.

As with the lampshades, we purchased two kinds of trim: finished trim for the hem of the skirt where it would be seen entirely, and unfinished trim to sew into the seam of the table topper. Combined, the obvious and subtle applications strike a pleasing balance.

To add unfinished beaded fringe to the table topper, stack the front and back pieces c the topper, right sides facing. Lay the beaded fringe around the perimeter, sandwiched between layers and facing in. Pin and sew through all layers around the perimeter, leaving a small opening to turn the topper right side out. Slipstitch the opening closed.

To add finished trim to the table skirt, pin the fringe in place at the hemline. For greater visual weight, add a second layer of fringe over the first.

Unlike the lamp project where the dangling beads are spaced wider apart, pin the second layer of fringe directly on top of the first to avoid a crammed look.

Buying information, page 8



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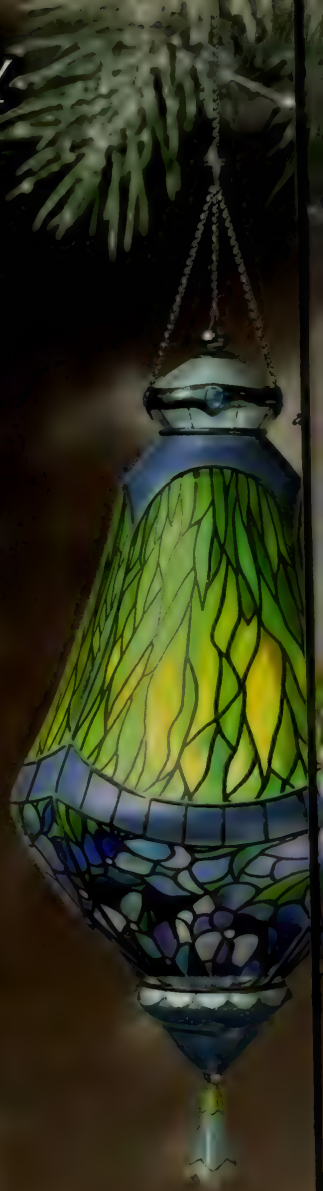


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Capture the Beauty of a Bygone Age

The Era of Louis Tiffany Heirloom Porcelain™ Ornament Collection



Almost everyone recognizes the name of Louis Tiffany for his beautiful stained glass lamps, windows, tableware and vases. In praise of the artist's vision and pioneering efforts in decorative art glass, Bradford Editions is privileged to introduce *The Era of Louis Tiffany* collection of hand-crafted *Heirloom Porcelain* ornaments.

Recalling the opalescent glass artistry that distinguished Louis Tiffany's work, these graceful ornaments are inspired by three of the artist's most beloved nature designs. Accented with solid-color "stained glass" borders and the look of glaziers' lead, these graceful ornaments include fanciful fluted domes with hand-set cabochon gems, three-strand chandelier cords and intricate glass "tassels."

Urgent Notification: Availability Is Strictly Limited. Given time-intensive crafting, 95 firing days and the limited-edition presentation, demand could quickly exceed availability. These elegant, Tiffany-design ornaments are expected to spark strong demand, so *don't wait!* Reserve the collection now, and be one of the select group to get each ornament at only $9.99 (sold in sets of three for $29.97 plus shipping), backed by our 365-day guarantee. *Your prompt response is critical.* To secure your reservation—and receive a FREE** Ornament Storage Case—send no money now. Just complete and mail the coupon today.



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Larger than Life

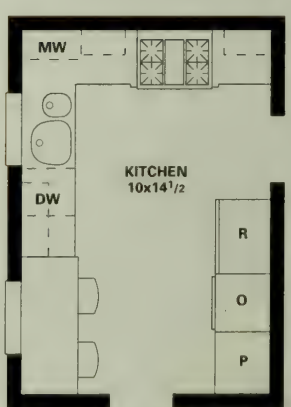
by Dan Weeks

Size matters. You don't want the busiest room in the house to feel cramped. Here's how Steve and Donna Bashwiner's stunning Tuscan-style kitchen uses some unconventional design savvy to make the space seem larger than it really is.

Part of the solution is in what you don't see—a jumble of imposing appliances. "Sometimes, to make big things such as an oven, a pantry, and a refrigerator melt away, the solution is to group them together in a long, continuous line," says Marty Fahey, the project designer. "Then they seem less intrusive than if they were mixing with cabinets—dwarfing what was next to them." In this kitchen, he placed these items on the wall across from the dishwasher and breakfast bar.

The spacious nature of this kitchen is also in what stands out, so Fahey drew attention down the length of the room to the range hood and maximized its

continued on page 60



Sophisticated materials, lots of detailing, and clever design make this L-shaped kitchen dramatic and efficient in spite of its small size.



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Larger than Life

continued from page 58





An upswept range hood (*above*) and lots of diagonal lines (*left*) contrast with horizontals and verticals to add interest and rich detail.





A small breakfast bar nestled into a window-lit corner (*above*) provides seating that's visually separate from the kitchen work area.

A pullout spice rack and custom-fitted storage near the cooktop (*above*) ensure that everything the cook needs is within reach.

prominence with some unconventional wisdom. He stopped the surrounding cabinets short of the ceiling and added a soffit molding above. That treatment "gives the impression that there's more ceiling height in the room than there really is," Fahey says—and allows the sweeping lines of the range hood to soar in comparison.

Other tricks: Selecting soft paint colors and keeping window treatments to a minimum invite openness and light. Using a glass-fronted cabinet for dishes makes the room seem wider, and creating a breakfast nook with a dropped counter of different materials creates the perception of an entirely different living space in just a few square feet.

Buying information, page 87



The beauty of Frank Lloyd Wright® art glass is now available from Andersen Windows. Made under agreement with the Frank Lloyd Wright Foundation, each pattern recreates the original design. Each is hand assembled using glass from some of the same sources specified by Mr. Wright. And each replicates a look that can be found in the finest of vintage homes. Like, well, Frank Lloyd Wright's. Production is limited, see your dealer for availability. To learn more about this series or the entire Andersen Art Glass® Collection, call 1-800-426-4261, ref.#3830



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Solarium-Style Dining Room



Recessed lights work with a chandelier to keep the room bright and inviting (*top*). Cane-back chairs, French doors, and a bay window (*above*) reinforce the breezy solarium look.

by Patricia Prijatel

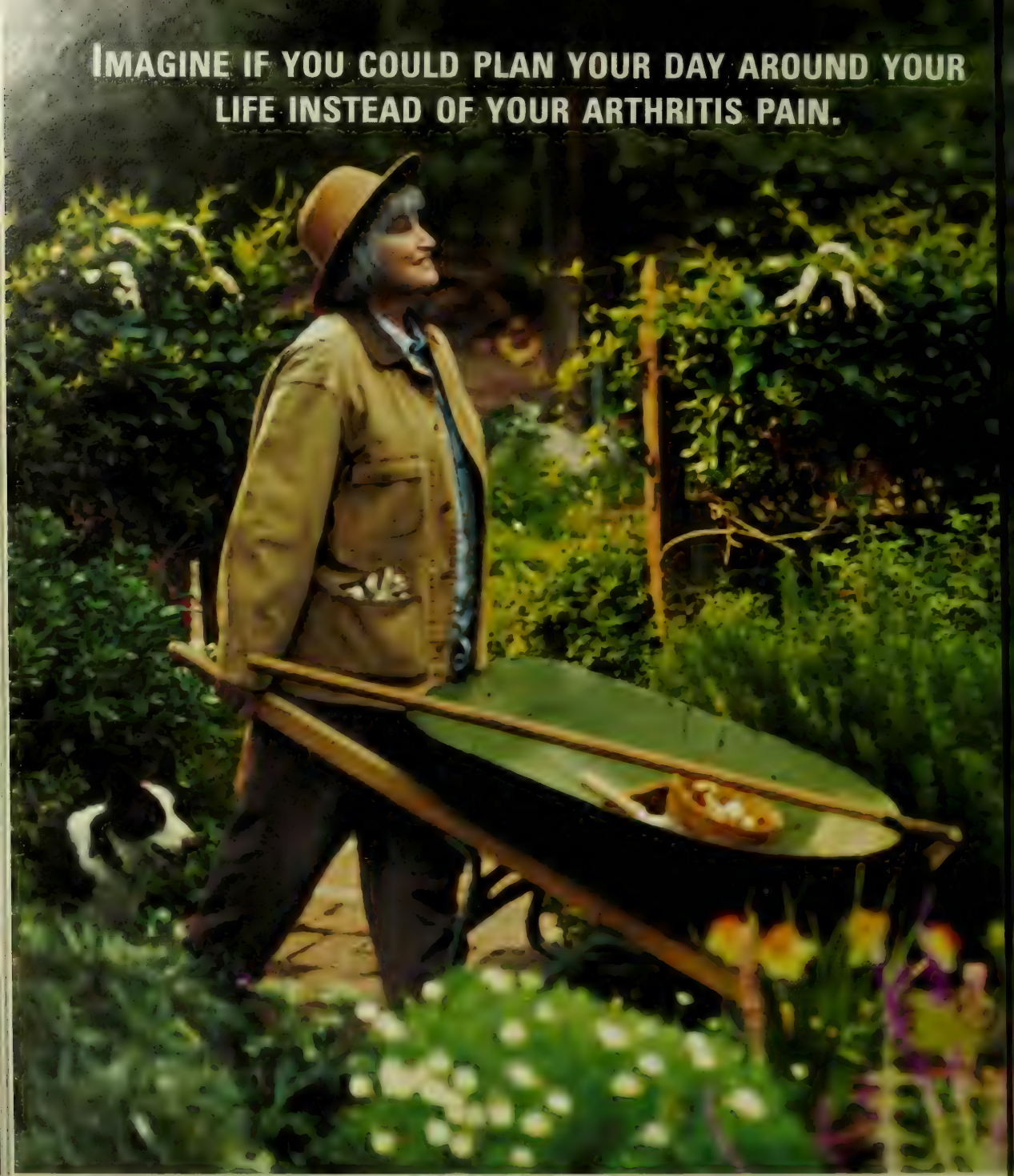
Here's a room made for eating—and working and reading. Linda and David Stern are so pleased with their dining room addition that they use it for formal entertaining, as well as reading the Sunday paper.

The Sterns added the 12×15-foot dining room when they remodeled their 1950s ranch house in Orinda, California. They didn't want a typical rectangular-shaped room either, but a quiet space set apart from the daily hubbub of family life. Architect Peter Golze placed it at the far end of the house where the room connects to the kitchen and is surrounded by the garden.

Because of the room's classy simplicity and well-positioned glass openings, the garden is a focal point. But intricate interior architecture makes the inside view as satisfying as the outside. The hip roof with a beam-and-plank ceiling has enough dimension to grab attention, yet its subtle all-in-one color blends into the rest of the room. The walls share the same cool cream color, with clean white accents on the French doors and bay window.

"Dave uses the room as a quiet spot to work as well," Linda says. "When he brings papers home from the office, he can spread them all out on the table—and shut off the chaos." ⌂


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TAKE WITH OR WITHOUT FOOD.

VIOXX doesn't need to be taken with food. So, you don't have to worry about scheduling VIOXX around meals.

IMPORTANT INFORMATION ABOUT VIOXX.

In rare cases, serious stomach problems, such as bleeding, can occur without warning. People with allergic reactions, such as asthma, to aspirin or other arthritis medicines should not take VIOXX.

Tell your doctor if you have liver or kidney problems, or are pregnant. Also, VIOXX should not be used by women in late pregnancy.

VIOXX has been extensively studied in large clinical trials. Commonly reported side effects included upper respiratory infection, diarrhea, nausea and high blood pressure. Report any unusual symptoms to your doctor.

ASK YOUR DOCTOR OR HEALTHCARE PROFESSIONAL ABOUT VIOXX.

Call 1-800-859-5993 for more information, or visit www.vioxx.com. Please see important additional information on the next page.

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You should read this information before you start taking VIOXX*. Also, read the leaflet each time you refill your prescription, in case any information has changed. This leaflet provides only a summary of certain information about VIOXX. Your doctor or pharmacist can give you an additional leaflet that is written for health professionals that contains more complete information. This leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss VIOXX when you start taking your medicine and at regular checkups.

What is VIOXX?

VIOXX is a nonsteroidal anti-inflammatory drug (NSAID) that is used to reduce pain and inflammation (swelling and soreness). VIOXX is available as a tablet or a liquid that you take by mouth.

VIOXX is a medicine for:
- relief of osteoarthritis (the arthritis caused by age-related "wear and tear" on bones and joints)
- management of acute pain in adults (like the short-term pain you can get after a dental or surgical operation)
- treatment of menstrual pain (pain during women's monthly periods).

Who should not take VIOXX?

Do not take VIOXX if you:
- have had an allergic reaction such as asthma attacks, hives, or swelling of the throat and face to aspirin or other NSAIDs (for example, ibuprofen and naproxen).
- have had an allergic reaction to rofecoxib, which is the active ingredient of VIOXX, or to any of its inactive ingredients. (See Inactive Ingredients at the end of this leaflet.)

What should I tell my doctor before and during treatment with VIOXX?

Tell your doctor if you are:
- pregnant or plan to become pregnant. VIOXX should not be used in late pregnancy because it may harm the fetus.
- breast-feeding or plan to breast-feed. It is not known whether VIOXX is passed through to human breast milk and what its effects could be on a nursing child.

Tell your doctor if you have:
- kidney disease
- liver disease
- heart failure
- high blood pressure
- had an allergic reaction to aspirin or other NSAIDs
- had a serious stomach problem in the past.

Tell your doctor about:
- any other medical problems or allergies you have now or have had.
- all medicines that you are taking or plan to take, even those you can get without a prescription.

Tell your doctor if you develop:
- ulcer or bleeding symptoms (for instance, stomach burning or black stools, which are signs of possible stomach bleeding).
- unexplained weight gain or swelling of the feet and/or legs.
- skin rash or allergic reactions. If you have a severe allergic reaction, get medical help right away.

How should I take VIOXX?

VIOXX should be taken once a day. Your doctor will decide what dose of VIOXX you should take and how long you should take it. You may take VIOXX with or without food.

Can I take VIOXX with other medicines?

Tell your doctor about all of the other medicines you are taking or plan to take while you are on VIOXX, even other medicines that you can get without a prescription. Your doctor may want to check that your medicines are working properly together if you are taking other medicines such as:
- methotrexate (a medicine used to suppress the immune system)
- warfarin (a blood thinner)
- rifampin (an antibiotic)
- ACE inhibitors (medicines used for high blood pressure and heart failure)
- lithium (a medicine used to treat a certain type of depression).

What are the possible side effects of VIOXX?

Serious but rare side effects that have been reported in patients taking and/or related medicines have included:

- Serious stomach problems, such as stomach and intestinal bleed occur with or without warning symptoms. These problems, if could lead to hospitalization or death. Although this happens ra should watch for signs that you may have this serious side effect your doctor right away.
- Serious allergic reactions including swelling of the face, lips, and/or throat which may cause difficulty breathing or swallowin rarely but may require treatment right away. Severe skin reactio also been reported.
- Serious kidney problems occur rarely, including acute kidney and worsening of chronic kidney failure.
- Severe liver problems, including hepatitis and jaundice, occur r patients taking NSAIDs, including VIOXX. Tell your doctor if you symptoms of liver problems. These include nausea, tiredness, tenderness in the right upper abdomen, and flu-like sympt

In addition, the following side effects have been reported: confusion, ha hallucinations, low blood cell counts, unusual headache with sti (aseptic meningitis).

More common, but less serious side effects reported with VIOX included the following:

Upper and/or lower respiratory infection and/or inflammation
Headache
Dizziness
Diarrhea
Nausea and/or vomiting
Heartburn, stomach pain and upset
Swelling of the legs and/or feet
High blood pressure
Back pain
Tiredness
Urinary tract infection.

These side effects were reported in at least 2% of osteoarthritis pa receiving daily doses of VIOXX 12.5 mg to 25 mg in clinical studies.

The side effects described above do not include all of the side effects re with VIOXX. Do not rely on this leaflet alone for information about side Your doctor or pharmacist can discuss with you a more complete list effects. Any time you have a medical problem you think may be rela VIOXX, talk to your doctor.

What else can I do to help manage my osteoarthritis pain?

Talk to your doctor about:
- Exercise
- Controlling your weight
- Hot and cold treatments
- Using support devices.

What else should I know about VIOXX?

This leaflet provides a summary of certain information about VIOXX. have any questions or concerns about VIOXX, osteoarthritis or pain, t your health professional. Your pharmacist can give you an additional that is written for health professionals.

Do not share VIOXX with anyone else; it was prescribed only for you. It s be taken only for the condition for which it was prescribed.

Keep VIOXX and all medicines out of the reach of children.

Inactive Ingredients:

Oral suspension: citric acid (monohydrate), sodium citrate (dihydrate), so solution, strawberry flavor, xanthan gum, sodium methylparaben, so propylparaben.

Tablets: croscarmellose sodium, hydroxypropyl cellulose, lactose, magne stearate, microcrystalline cellulose, and yellow ferric oxide.

Issued July 2000

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Small-Space



Baths



by William L. Nolan

Small is beautiful—especially for bathrooms. These three modest-size bathing beauties are anything but ordinary in the ways they conquer inner space.

continued on page 70



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Mrs. Dash Honey Mustard Glazed Chicken

1 lb. boneless, skinless chicken breast, cut into strips
1 Tablespoon olive oil
2 capfuls Mrs. Dash Minced Onion Medley
3 Tablespoons Dijon mustard
1/4 cup honey
1 cup snow peas
1/2 cup sliced red bell pepper

Sauté chicken in olive oil with Mrs. Dash Minced Onion Medley for about 4 minutes. Stir in mustard and honey; cook 2 minutes. Add snow peas. Cover and cook for about 2 minutes. Add red bell pepper and toss. Serve over bed of rice. Serves 4.



www.mrsdash.com

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continued from page 68



A glass showe enclosure (*left* showcases the imaginative til treatment in Sandy Dodge's remodeled bat and makes the room seem mo expansive.

An antique por lain sink (*belov* serves as the vanity's center-piece. The door reflected in the mirror opens to the pool area.

Two for the size of one

Overnight guests at Sandy Dodge's Rancho Santa Fe, California, home enjoy the luxury of an airy yet elegant guest bath. And the same space also serves swimmers, thanks to a second entry leading to poolside.

Interior designer Linda Kaufman gave the updated bath a pleasing texture by splashing it with tumbled marble surfacing on the walls, floor, shower, counter, and backsplash. The floor features 12×12-inch melon-color tiles; 4×4-inch tiles in the same color grace the other areas. On the walls, Linda ran the 4×4 tiles halfway up, then capped them with diagonal tiles and rope border tiles.



continued on page 72




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continued from page 70





A glass-enclosed corner shower (*left*) conserves physical and visual space. A niche nearby keeps fresh towels handy.

Opening the mirror-lined medicine cabinet presents a kaleidoscope of images (*below*) and backlights the contents.



Mirror, mirror

Mirrors can make any small space live larger, and their reflective natures work special magic in the confines of a cramped bath. In Claire Hirsch's remodeled bath, an ingenious medicine cabinet (*right*) multiplies images from many directions. Closed, its doors reflect a single visage. Open them and mirrors on the doors' inner surfaces team up with a mirror at the back of the cabinet to create a three-way view. And a close-up magnifying mirror brings the views into a "fourth" dimension.

continued on page 74

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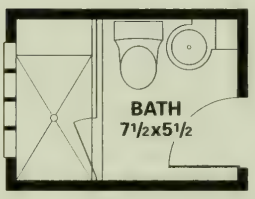
Colgate-Palmolive Co.

Softsoap 2 IN 1 more than just clean

continued from page 72

Playing the angles

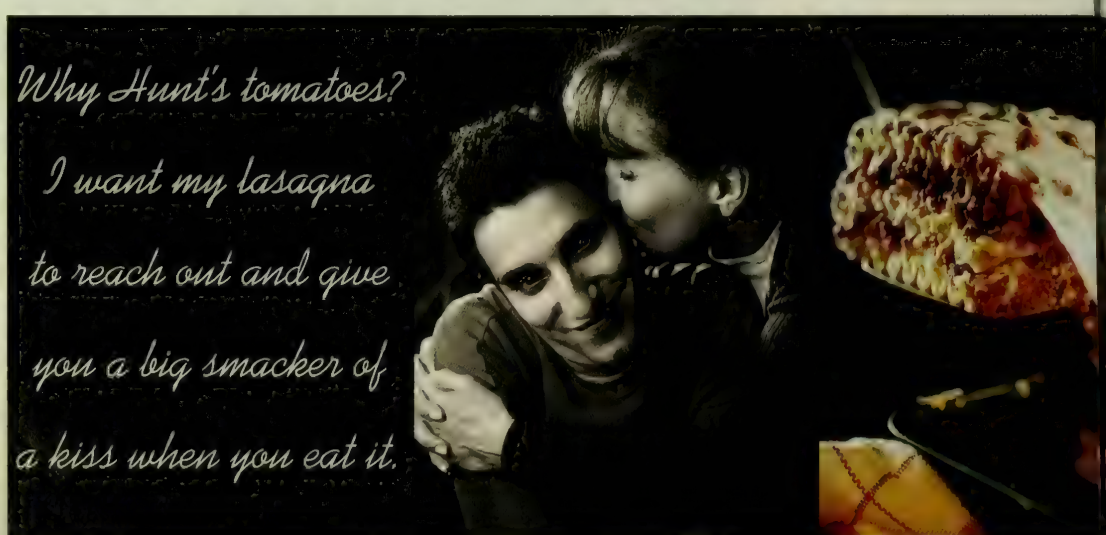
Another way to visually "grow" a small space is with graphics. "Diagonals have a longer line, and that carries your eye longer," says kitchen and bath designer Cherie Brown. When she retooled this bath for owners Steve and Michelle Clark, Brown defined the shower door and mirror with diagonals, incorporated more diagonal lines into the floor's colorful border of ceramic tile, and accented the shower's walls with a scattering of diagonal accent tiles.



Buying information, page 87



A wall-hung stainless-steel lavatory tucks into corner between the toilet and a narrow cabinet.



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ındard 4x4-
:h floor tiles,
t into geomet-
shapes, create
vhimsical bor-
r motif (*above*).

One shower wall, the mirror, and details play interesting angles (*right*). Four small clerestories replaced a double-hung window in the shower.



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Bath Accessories

Grunge, be gone! As you get clean, your bathroom gets dirty—or at least it used to. Optional on Villeroy & Boch bath fixtures and tiles, a new ceramic surface has pores so small that water just beads up and runs off, taking dirt and hard-water minerals with it. Cleanup is so easy, your kids may actually volunteer. CeramicPlus above-counter basin from Villeroy & Boch, $430; 847/244-1234.







THE WATERWORKS

The faucet as sculpture (*top*): Li the lever and water flows down wide-mouth trough. Bol fauce from Kohler, $249; 800/456-4537.

A slide-mechanism gra bar and a 69-inch flexibl hose (*above left*) add up t a comfortable shower fo a user of any heigh Personal hand showe from Delta; 800/345-3358.

Think of this all-in-on unit as a vertical whirlpoo (*above right*). The pane combines a fixed shower head, hand shower, and fou body sprays—preplumbe for easy installation. A thermostatic mixing valv stops scalding. "Exclusiv" Shower Panel from Pharo/Hansgrohe, starting at $2,560; 800/719-1000.



A true tub for two. Turn your master bathroom into a health spa with this spacious (48 inches wide) whirlpool tub. The fiberglass-reinforced acrylic shell comes in 41 hues, the hardware in seven finishes. Adagio whirlpool tub from Pearl Baths, starting at $3,343; 800/328-2531.



This whirlpool tub uses the same gentle swirling motion found in hospital and sports facility hydrotherapy units.



Patented "Venturi-effect" jets create uniform-size bubbles that stay suspended in water longer than bubbles produced by weaker conventional jets.



When these problems interfere with everyday life, it could be Alzheimer's disease.

A medicine called ARICEPT® may help.

When you or someone you care for has gradually increasing memory problems, it may not be normal aging. It could be Alzheimer's disease, an incurable, progressive illness.

Today there's hope, including a prescription medicine called ARICEPT®. Once-daily ARICEPT® is clinically proven to treat the symptoms of mild to moderate Alzheimer's. In people who respond to ARICEPT®, symptoms may get better, stay the same or progress at a slower rate.

ARICEPT® is well tolerated but may not be for everyone. Some people may experience nausea, diarrhea, insomnia, vomiting, muscle cramps, fatigue or loss of appetite. In studies, these side effects were usually mild and temporary. Some people taking ARICEPT® may experience fainting. People at risk for ulcers should tell their doctors because their condition may get worse.

Only a doctor can say if memory problems are due to Alzheimer's disease. And the sooner you know, the sooner ARICEPT® may help.

So speak to a doctor today and ask about ARICEPT®, the #1 prescribed medicine for Alzheimer's disease.

SEE A DOCTOR AND ASK ABOUT

ONCE-A-DAY
ARICEPT®
(donepezil HCl)
5-MG AND 10-MG TABLETS

MEDICINE TO REMEMBER™

To learn more and to receive a memory checklist, call

1-800-760-6029 ext. 62

Please see additional important product information on accompanying page.

ONCE-A-DAY

ARICEPT® (donepezil HCl) 5-MG AND 10-MG TABLETS

MEDICINE TO REMEMBER™

ARICEPT® (Donepezil Hydrochloride Tablets)

Brief Summary – see package insert for full prescribing information. **INDICATIONS AND USAGE** ARICEPT® is indicated for the treatment of mild to moderate dementia of the Alzheimer's type. **CONTRAINDICATIONS** ARICEPT® is contraindicated in patients with known hypersensitivity to donepezil hydrochloride or to piperidine derivatives. **WARNINGS** ***Anesthesia:*** ARICEPT®, as a cholinesterase inhibitor, is likely to exaggerate succinylcholine-type muscle relaxation during anesthesia. ***Cardiovascular Conditions:*** Because of their pharmacological action, cholinesterase inhibitors may have vagotonic effects on heart rate (e.g., bradycardia). The potential for this action may be particularly important in patients with 'sick sinus syndrome" or other supraventricular cardiac conduction conditions. Syncopal episodes have been reported in association with the use of ARICEPT®. ***Gastrointestinal Conditions:*** Through their primary action, cholinesterase inhibitors may be expected to increase gastric acid secretion due to increased cholinergic activity. Therefore, patients should be monitored closely for symptoms of active or occult gastrointestinal bleeding, especially those at increased risk for developing ulcers, e.g., those with a history of ulcer disease or those receiving concurrent nonsteroidal anti-inflammatory drugs (NSAIDS). Clinical studies of ARICEPT® have shown no increase, relative to placebo, in the incidence of either peptic ulcer disease or gastrointestinal bleeding. ARICEPT®, as a predictable consequence of its pharmacological properties, has been shown to produce diarrhea, nausea and vomiting. These effects, when they occur, appear more frequently with the 10 mg/day dose than with the 5 mg/day dose. In most cases, these effects have been mild and transient, sometimes lasting one to three weeks, and have resolved during continued use of ARICEPT®. ***Genitourinary:*** Although not observed in clinical trials of ARICEPT®, cholinomimetics may cause bladder outflow obstruction. ***Neurological Conditions:*** Seizures: Cholinomimetics are believed to have some potential to cause generalized convulsions. However, seizure activity also may be a manifestation of Alzheimer's Disease. ***Pulmonary Conditions:*** Because of their cholinomimetic actions, cholinesterase inhibitors should be prescribed with care to patients with a history of asthma or obstructive pulmonary disease. **PRECAUTIONS Drug-Drug Interactions *Drugs Highly Bound to Plasma Proteins:*** Drug displacement studies have been performed *in vitro* between this highly bound drug (96%) and other drugs such as furosemide, digoxin, and warfarin. ARICEPT® at concentrations of 0.3–10 µg/mL did not affect the binding of furosemide (5 µg/mL), digoxin (2 ng/mL), and warfarin (3 µg/mL) to human albumin. Similarly, the binding of ARICEPT® to human albumin was not affected by furosemide, digoxin, and warfarin. ***Effect of ARICEPT® on the Metabolism of Other Drugs:*** No *in vivo* clinical trials have investigated the effect of ARICEPT® on the clearance of drugs metabolized by CYP 3A4 (e.g. cisapride, terfenadine) or by CYP 2D6 (e.g. imipramine). However, *in vitro* studies show a low rate of binding to these enzymes (mean K_i about 50–130 µM), that, given the therapeutic plasma concentrations of donepezil (164 nM), indicates little likelihood of interference. Whether ARICEPT® has any potential for enzyme induction is not known. ***Effect of Other Drugs on the Metabolism of ARICEPT®:*** Ketoconazole and quinidine, inhibitors of CYP450 3A4 and 2D6, respectively, inhibit donepezil metabolism *in vitro*. Whether there is a clinical effect of these inhibitors is not known. Inducers of CYP 2D6 and CYP 3A4 (e.g., phenytoin, carbamazepine, dexamethasone, rifampin, and phenobarbital) could increase the rate of elimination of ARICEPT®. ***Use with Anticholinergics:*** Because of their mechanism of action, cholinesterase inhibitors have the potential to interfere with the activity of anticholinergic medications. ***Use with Cholinomimetics and Other Cholinesterase Inhibitors:*** A synergistic effect may be expected when cholinesterase inhibitors are given concurrently with succinylcholine, similar neuromuscular blocking agents or cholinergic agonists such as bethanechol. **Carcinogenesis, Mutagenesis, Impairment of Fertility** Carcinogenicity studies of donepezil have not been completed. Donepezil was not mutagenic in the Ames reverse mutation assay in bacteria. In the chromosome aberration test in cultures of Chinese hamster lung (CHL) cells, some clastogenic effects were observed. Donepezil was not clastogenic in the *in vivo* mouse micronucleus test. Donepezil had no effect on fertility in rats at doses up to 10 mg/kg/day (approximately 8 times the maximum recommended human dose on a mg/m² basis). **Pregnancy *Pregnancy Category C:*** Teratology studies conducted in pregnant rats at doses up to 16 mg/kg/day (approximately 13 times the maximum recommended human dose on a mg/m² basis) and in pregnant rabbits at doses up to 10 mg/kg/day (approximately 16 times the maximum recommended human dose on a mg/m² basis) did not disclose any evidence for a teratogenic potential of donepezil. However, in a study in which pregnant rats were given up to 10 mg/kg/day (approximately 8 times the maximum recommended human dose on a mg/m² basis) from day 17 of gestation through day 20 postpartum, there was a slight increase in still births and a slight decrease in pup survival through day 4 postpartum at this dose; the next lower dose tested was 3 mg/kg/day. There are no adequate or well-controlled studies in pregnant women. ARICEPT® should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Nursing Mothers** It is not known whether donepezil is excreted in human breast milk. ARICEPT® has no indication for use in nursing mothers. **Pediatric Use** There are no adequate and well-controlled trials to document the safety and efficacy of ARICEPT® in any illness occurring in children. **ADVERSE REACTIONS Adverse Events Leading to Discontinuation** The rates of discontinuation from controlled clinical trials of ARICEPT® due to adverse events for the ARICEPT® 5 mg/day treatment groups were comparable to those of placebo-treatment groups at approximately 5%. The rate of discontinuation of patients who received 7-day escalations from 5 mg/day to 10 mg/day, was higher at 13%. The most common adverse events leading to discontinuation, defined as those occurring in at least 2% of patients and at twice the incidence seen in placebo patients, are shown in Table 1

Table 1. Most Frequent Adverse Events Leading to Withdrawal from Controlled Clinical Trials by Dose Group

Dose Group	Placebo	5 mg/day ARICEPT®	10 mg/day ARICEPT®
Patients Randomized	355	350	315
Event/% Discontinuing			
Nausea	1%	1%	3%
Diarrhea	0%	<1%	3%
Vomiting	<1%	<1%	2%

Most Frequent Adverse Clinical Events Seen in Association with the Use of ARICEPT® The most common adverse events, defined as those occurring at a frequency of at least 5% in patients receiving 10 mg/day and twice the placebo rate, are largely predicted by ARICEPT®'s cholinomimetic effects. These include nausea, diarrhea, insomnia, vomiting, muscle cramp, fatigue and anorexia. These adverse events were often of mild intensity and transient, resolving during continued ARICEPT® treatment without the need for dose modification. There is evidence to suggest that the frequency of these common adverse events may be affected by the rate of titration. An open-label study was conducted with 269 patients who received placebo in the 15- and 30-week studies. These patients were titrated to a dose of 10 mg/day over a 6-week period. The rates of common adverse events were lower than those seen in patients titrated to 10 mg/day over one week in the controlled clinical trials and were comparable to those seen in patients on 5 mg/day. See Table 2 for a comparison of the most common adverse events following one and six week titration regimens

Table 2. Comparison of Rates of Adverse Events in Patients Titrated to 10 mg/day Over 1 and 6 Weeks

	No titration		One-week titration	Six-week titration
Adverse Event	Placebo (n=315)	5 mg/day (n=311)	10 mg/day (n=315)	10 mg/day (n=269)
Nausea	6%	5%	19%	6%
Diarrhea	5%	8%	15%	9%
Insomnia	6%	6%	14%	6%
Fatigue	3%	4%	8%	3%
Vomiting	3%	3%	8%	5%
Muscle cramps	2%	6%	8%	3%
Anorexia	2%	3%	7%	3%

Adverse Events Reported in Controlled Trials The events cited reflect experience gained under closely monitored conditions of clinical trials in a highly selected patient population. In actual clinical practice or in other clinical trials, these frequency estimates may not apply, as the conditions of use, reporting behavior, and the kinds of patients treated may differ. Table 3 lists treatment emergent signs and symptoms that were reported in at least 2% of patients in placebo-controlled trials who received ARICEPT® and for which the rate of occurrence was greater for ARICEPT® assigned than placebo assigned patients. In general, adverse events occurred more frequently in female patients and with advancing age

Table 3. Adverse Events Reported in Controlled Clinical Trials in at Least 2% of Patients Receiving ARICEPT® (donepezil HCl) and at a Higher Frequency than Placebo-treated Patients

Body System/Adverse Event	Placebo (n=355)	ARICEPT® (n=74
Percent of Patients with any Adverse Event	**72**	**74**
Body as a Whole		
Headache	9	10
Pain, various locations	8	9
Accident	6	7
Fatigue	3	5
Cardiovascular System		
Syncope	1	2
Digestive System		
Nausea	6	11
Diarrhea	5	10
Vomiting	3	5
Anorexia	2	4
Hemic and Lymphatic System		
Ecchymosis	3	4
Metabolic and Nutritional System		
Weight Decrease	1	3
Musculoskeletal System		
Muscle Cramps	2	6
Arthritis	1	2
Nervous System		
Insomnia	6	9
Dizziness	6	8
Depression	<1	3
Abnormal Dreams	0	3
Somnolence	<1	2
Urogenital System		
Frequent Urination	1	2

Other Adverse Events Observed During Clinical Trials ARICEPT® has been administered to over 1700 during clinical trials worldwide. Approximately 1200 of these patients have been treated for at least 3 months and 1000 patients have been treated for at least 6 months. Controlled and uncontrolled trials in the United States approximately 900 patients. In regards to the highest dose of 10 mg/day, this population includes 650 patients t months, 475 patients treated for 6 months and 116 patients treated for over 1 year. The range of patient exposur to 1214 days. Treatment emergent signs and symptoms that occurred during 3 controlled clinical trials and two trials in the United States were recorded as adverse events by the clinical investigators using terminology o choosing. To provide an overall estimate of the proportion of individuals having similar types of events, the e grouped into a smaller number of standardized categories using a modified COSTART dictionary and event freque calculated across all studies. These categories are used in the listing below. The frequencies represent the pr 900 patients from these trials who experienced that event while receiving ARICEPT®. All adverse events occurr twice are included, except for those already listed in Tables 2 or 3, COSTART terms too general to be informative less likely to be drug caused. Events are classified by body system and listed using the following definition *adverse events* — those occurring in at least 1/100 patients; *infrequent adverse events* — those occurring 1/1000 patients. These adverse events are not necessarily related to ARICEPT® treatment and in most cases wer at a similar frequency in placebo-treated patients in the controlled studies. No important additional adverse events in studies conducted outside the United States. **Body as a Whole:** *Frequent:* influenza, chest pain, toothache; fever, edema face, periorbital edema, hernia hiatal, abscess, cellulitis, chills, generalized coldness, head fullness. **Cardiovascular System:** *Frequent:* hypertension, vasodilation, atrial fibrillation, hot flashes, hy *Infrequent:* angina pectoris, postural hypotension, myocardial infarction, AV block (first degree), congestive h arteritis, bradycardia, peripheral vascular disease, supraventricular tachycardia, deep vein thrombosis. **Digestive** *Frequent:* fecal incontinence, gastrointestinal bleeding, bloating, epigastric pain; *Infrequent:* eructation, gingivitis appetite, flatulence, periodontal abscess, cholelithiasis, diverticulitis, drooling, dry mouth, fever sore, gastri colon, tongue edema, epigastric distress, gastroenteritis, increased transaminases, hemorrhoids, ileus, increa jaundice, melena, polydipsia, duodenal ulcer, stomach ulcer. **Endocrine System:** *Infrequent:* diabetes mellitus, goiter. **Lymphatic System:** *Infrequent:* anemia, thrombocytemia, thrombocytopenia, eosinophilia, erythrocytopenia. **Meta Nutritional Disorders:** *Frequent:* dehydration; *Infrequent:* gout, hypokalemia, increased creatine kinase, hyperglycer increase, increased lactate dehydrogenase. **Musculoskeletal System:** *Frequent:* bone fracture; *Infrequent:* muscle muscle fasciculation. **Nervous System:** *Frequent:* delusions, tremor, irritability, paresthesia, aggression, verti increased libido, restlessness, abnormal crying, nervousness, aphasia; *Infrequent:* cerebrovascular accident, intracr hemorrhage, transient ischemic attack, emotional lability, neuralgia, coldness (localized), muscle spasm, dysphoria, mania, hypertonia, hypokinesia, neurodermatitis, numbness (localized), paranoia, dysarthria, dysphasia, hostility libido, melancholia, emotional withdrawal, nystagmus, pacing. **Respiratory System:** *Frequent:* dyspnea, s bronchitis; *Infrequent:* epistaxis, post nasal drip, pneumonia, hyperventilation, pulmonary congestion, wheezing pharyngitis, pleurisy, pulmonary collapse, sleep apnea, snoring. **Skin and Appendages:** *Frequent:* pruritus, urticaria; *Infrequent:* dermatitis, erythema, skin discoloration, hyperkeratosis, alopecia, fungal dermatitis, herpes zoster, nail striae, night sweats, skin ulcer. **Special Senses:** *Frequent:* cataract, eye irritation, vision blurred; *Infrequent:* dry eye ma, earache, tinnitus, blepharitis, decreased hearing, retinal hemorrhage, otitis externa, otitis media, bad taste, hemorrhage, ear buzzing, motion sickness, spots before eyes. **Urogenital System:** *Frequent:* urinary incontin turia; *Infrequent:* dysuria, hematuria, urinary urgency, metrorrhagia, cystitis, enuresis, prostate hypertrophy, py tis, inability to empty bladder, breast fibroadenosis, fibrocystic breast, mastitis, pyuria, renal failure. **Postintroduction Reports** Voluntary reports of adverse events temporally associated with ARICEPT® that received since market introduction that are not listed above, and that there is inadequate data to determine the c tionship with the drug include the following: abdominal pain, agitation, cholecystitis, confusion, convulsions, tions, heart block (all types), hemolytic anemia, hepatitis, hyponatremia, pancreatitis, and rash. **OVERDOSAGE** **strategies for the management of overdose are continually evolving, it is advisable to contact Control Center to determine the latest recommendations for the management of an overdose of a** As in any case of overdose, general supportive measures should be utilized. Overdosage with cholinesterase inh result in cholinergic crisis characterized by severe nausea, vomiting, salivation, sweating, bradycardia, hypotension, ry depression, collapse and convulsions. Increasing muscle weakness is a possibility and may result in death if muscles are involved. Tertiary anticholinergics such as atropine may be used as an antidote for ARICEPT® ov Intravenous atropine sulfate titrated to effect is recommended; an initial dose of 1.0 to 2.0 mg IV with subsequ based upon clinical response. Atypical responses in blood pressure and heart rate have been reported with ot nonmimetics when co-administered with quaternary anticholinergics such as glycopyrrolate. It is not known ARICEPT® and/or its metabolites can be removed by dialysis (hemodialysis, peritoneal dialysis, or hemofiltrati related signs of toxicity in animals included reduced spontaneous movement, prone position, staggering gait, tonic convulsions, depressed respiration, salivation, miosis, tremors, fasciculation and lower body surface temp

Revised Septe

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	Driver	Passenger	Front Seat	Rear Seat	Air Bag Driver	Air Bag Pass.	Antilock Brakes	Side Air Bag
2001 Honda Civic 2-dr. Light Passenger Car	★★★★★		★★★★★		Standard			



Small but Strong

It's high fives all around for the safety guys at Honda

Honda's 2001 Civic coupe becomes one of the first two passenger cars ever to earn top five-star ratings in all four parts of the federal government's crash tests. Civic joins the Volvo S80 sedan in this exclusive safety club. (For more on the Volvo, see *page 85*.)

The $14,000 Civic's performance sets a tough standard for other small cars to match. Government ratings indicate it did a good job of protecting the driver and front-seat passenger in a front-end crash test, and both the driver and rear-seat passenger in a side-impact crash. The ratings scale runs from one to five stars, with five being the best.

Five-star protection in the side collision is especially remarkable when Civic's small size is considered. Besides Volvo, only a few

continued on page 84





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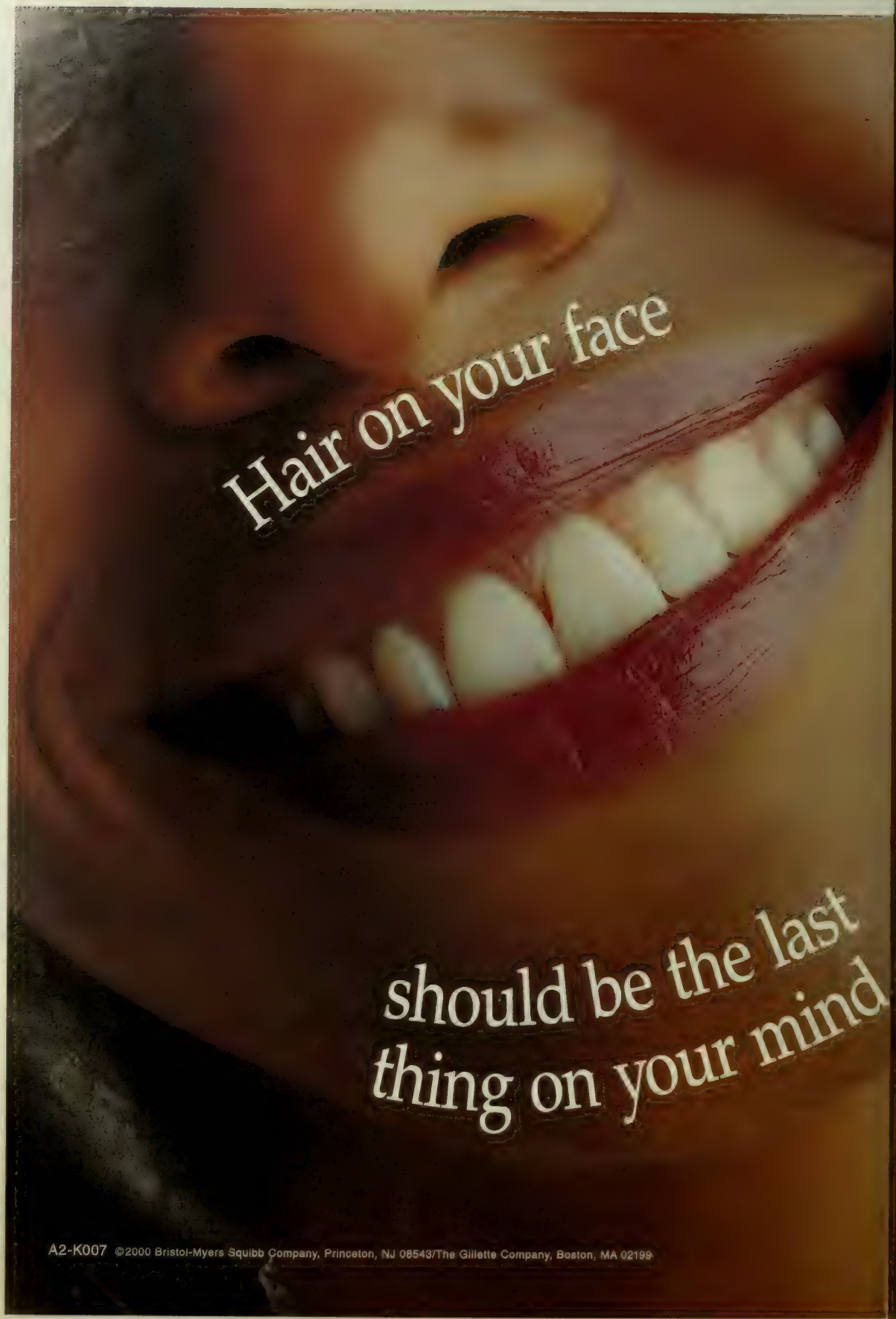
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VANIQA™

The first prescription cream that slows the growth of unwanted facial hair in women.

Millions of women deal with unwanted facial hair. Now, there's a different way to manage it.

Thankfully, there's VANIQA (VAN-i-ka). Not another remover. Something totally different for unwanted facial hair. VANIQA was studied around the lips and under the chin.

VANIQA can be used on all skin types and fits easily into your daily skin care routine. Use it with your current hair removal method. Improvement may be seen as soon as 8 weeks. Your results may vary. You'll know it's working if you're thinking about removing hair less often.

In clinical trials, some women experienced mild and temporary skin irritations such as redness, stinging, burning, tingling, or rash. VANIQA is a prescription drug for external use only.

So ask your doctor about VANIQA. Now, up close is up to you.

UP CLOSE IS UP TO YOU

VANIQA™

(eflornithine HCl) Cream, 13.9%

Ask your doctor or dermatologist about VANIQA.
www.VANIQA.com 1-877-FaceNews

See patient information on next page.

Bristol-Myers Squibb Company

The Gillette Company

Patient Information Leaflet for

VANIQA™

(eflornithine hydrochloride)

Cream, 13.9%

INFORMATION FOR PATIENTS

This section contains important information about VANIQA that you should read before you begin treatment. This section does not list all the benefits and risks of VANIQA and does not take the place of discussions with your doctor or healthcare professional about your condition or your treatment. If you have questions, talk with your healthcare professional. The medicine described here can only be prescribed by a licensed healthcare professional. Only your healthcare professional can determine if VANIQA is right for you.

What is VANIQA?

VANIQA (pronounced "VAN-i-ka") is a prescription medication applied to the skin for the reduction of unwanted facial hair in women.

The active ingredient in VANIQA is eflornithine hydrochloride. VANIQA also contains ceteareth-20, cetearyl alcohol, dimethicone, glyceryl stearate, methylparaben, mineral oil, PEG-100 stearate, phenoxyethanol, propylparaben, stearyl alcohol and water.

How does VANIQA work?

VANIQA interferes with an enzyme found in the hair follicle of the skin needed for hair growth. This results in slower hair growth and improved appearance where VANIQA is applied.

VANIQA does not permanently remove hair or "cure" unwanted facial hair. It is not a depilatory. Your treatment program should include continuation of any hair removal technique you are currently using. VANIQA will help you manage your condition and improve your appearance.

Improvement in the condition occurs gradually. Don't be discouraged if you see no immediate improvement. Be patient. Improvement may be seen as early as 4 to 8 weeks of treatment. Improvement may take longer in some individuals. If no improvement is seen after 6 months of use, discontinue use. Clinical studies show that in about 8 weeks after stopping treatment with VANIQA, the hair will return to the same condition as before beginning treatment.

Who should not use VANIQA?

You should not use VANIQA if you are allergic to any of the ingredients in the cream. All ingredients are listed on the tube and at the beginning of this leaflet.

You should not use VANIQA if you are less than 12 years of age.

What should you tell your doctor before using VANIQA?

If you are allergic to any of the ingredients, tell your doctor.

If you are pregnant or plan to become pregnant, discuss with your doctor whether you should use VANIQA during pregnancy. No clinical studies have been performed in pregnant women.

If you are breast feeding, consult your doctor before using VANIQA. It is not known if VANIQA is passed to infants through breast milk.

If you are taking any prescription medicines, non-prescription medicines or using any facial or skin creams, check with your physician before use of VANIQA.

How should I use VANIQA?

Use VANIQA only for the condition for which it was prescribed by your doctor. Do not give it to other people or allow other people to use it.

You will need to continue your normal procedures for hair removal until desired results have been achieved. You may then be less bothered by the time spent in removing hair or the frequency of hair removal. VANIQA is to be used twice daily, at least eight hours apart, or as directed by your doctor. VANIQA is for external use only.

Follow the instructions for application of VANIQA carefully. Apply a thin layer of VANIQA to the affected areas of the face and adjacent involved areas under the chin and rub in thoroughly. You should not wash the treatment areas for at least 4 hours after application of VANIQA.

VANIQA may cause temporary redness, rash, burning, stinging or tingling, especially when the skin is damaged. If irritation continues, stop use of VANIQA and contact your doctor. Avoid getting the medication in your eyes or inside your nose or mouth. If the product gets in your eyes, rinse thoroughly with water and contact your doctor.

If you forget or miss a dose of VANIQA do not try to "make it up". Return to your normal application schedule as soon as you can.

You may use your normal cosmetics or sunscreen after applying VANIQA, but you should wait a few minutes to allow the treatment to be absorbed before applying them.

If your condition gets worse with treatment, stop use of VANIQA and contact your doctor.

What are the possible side effects of VANIQA?

VANIQA may cause temporary redness, stinging, burning, tingling or rash on areas of the skin where it is applied. Folliculitis (hair bumps) may also occur. If these persist, consult your doctor.

How should VANIQA be stored?

VANIQA (eflornithine hydrochloride) Cream, 13.9%, should be stored at 15°C-30°C (59°F-86°F). Do not freeze.

Keep this and all medicines out of the reach of children.

This medicine was prescribed for your particular condition. Do not use it for another condition or give it to anyone else.

This summary does not include everything there is to know about VANIQA. If you have questions or concerns, or want more information about VANIQA, your doctor or pharmacist has the complete prescribing information upon which this leaflet is based. You may want to read it and discuss it with your doctor or health care professional. Remember, no written summary can replace careful discussion with your doctor.

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Manufactured by Bristol-Myers Squibb Company,
Buffalo, NY USA 14213
U.S.Patent Nos.: 5,648,394 and 4,720,489
Under license from Westwood-Squibb Colton Holdings Partnership

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A2-B001B-07-00 Issue date: July 2000
03-6049-0 03-6054-0

Your Family Car

continued from page 80

minivans and sport/utilities—a much larger, heavier vehicles—ha managed to earn five stars in th side-impact crash. Small cars ha not excelled.

In the side crash, designed simulate a typical intersectio collision between two vehicles," moving barrier smashes into the si of the car at 38.5 miles per hour. Th National Highway Traffic Safe Administration conducts the tests.

The sedan version of the 200 Civic also performed well, earnin five-star ratings in the front-end te and four stars for driver and rea seat passenger in side impacts.

So how did Honda do it?

The Civic line was redesigned fo the 2001 model year. About 50 pe cent of the body structure is made o tough, high-strength steel, includ ing mid-floor cross members th absorb the force of a side smashu Plus, multidirectional beams soak u more of the crushing energy of crash as its forces are exerted acros the body and chassis.

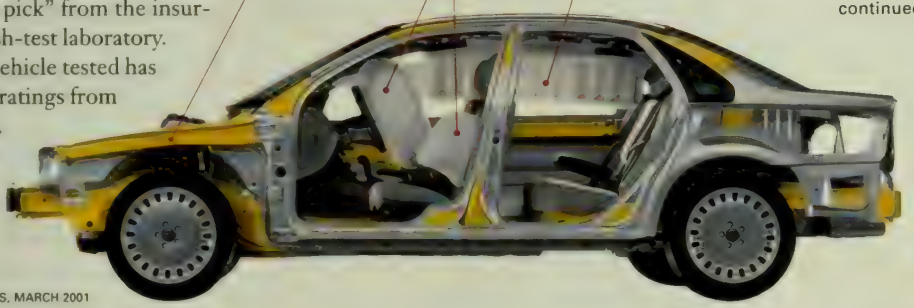
All 2001 Civics have dual seat-be pretensioners for front-seat occu pants, and dual-stage front air bag Crash-test models were equippe with a side air-bag system, which available on all 2001 Civics. Sid bags include a cutoff system th prevents the bag from deploying if child or small adult is leaning into th inflation path.

A word of caution about basi physics: Although Civic and Volv S80 share the same elite five-sta ratings, government safety enginee warn us not to conclude that the are equally safe in a crash. The Volv weighs about 3,560 pounds, whil the Civic weighs in at only 2,45 pounds. In collisions involving vehi cles of different weights, occupants i lighter vehicles almost always fac greater risk of injury.

Another Safety First for Volvo

agine being a crash test dummy. nen it's time to go to work, which car uld you prefer to be strapped into? r the Volvo S80 sedan. It was the first senger car to earn top ratings in crash ts conducted by both the government l the insurance industry.

The S80 scored five-star protection in eral government front-end and side-pact crashes, just as the Honda Civic ipe did (see *page 80*). It also earned the rating of "best pick" from the insur-ce industry's crash-test laboratory. date, no other vehicle tested has ned peak safety ratings from th crash centers. First came the est pick" rating t fall following sting by the





Volvos have long been known as boxy. No more. Their designers are now embracing curves.

continued on page 86

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Salt.

Which one made Venice rich?

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Like all S80s, the crash cars w equipped with standard he protection air bags. Volvo's curtain-style designs that dep from the roof to protect the heads both front and rear-seat occupan Front air bags and torso-protect side air bags are also standard.

The four-door S80 is Volv flagship, a 3,560-pound luxury priced from $36,900. Other 20 Volvo models, including the V wagon, the all-wheel-drive Cr Country wagon, and the new S sedan, are built on the S80 platfo and use similar air-bag systems.

2001 CRASH TESTS

How does your car compare to such crash-test leaders as the Honda Civic and Volvo S80? You'll probably find the answer at the Internet site of the National Highway Traffic Safety Administration. Log on to *www.nhtsa.dot.gov*. The federal agency is scheduled to test 113 vehicles this year, including 72 passenger cars, 19 sport/utility vehicles, 11 vans, and 11 pickups. When testing is complete, safety information will be available on more than 80 percent of the 2001 vehicles sold in the United States. Results are also available from previous model years.

Your Family Car continued from page 85

Insurance Institute for Highway Safety, a crash lab funded by casualty insurance companies. The institute's offset collision is intended to put severe stress on the car's structure to find out how well its safety cage protects driver and passengers. Volvo's design proved to be effective.

More recently, the federal government's safety agency slammed the S80 into a barrier at 35 mph to test it in a head-on crash. A five-star rating matched the car's earlier performance in the government's side-impact test.



Here's a closer loo at how a head-curta bag works It acts as a barrier against a shattering experienc

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ıe of the products shown editorially
etter Homes and Gardens® maga-
can be obtained locally. For more
rmation, contact the manufacturers
d below.

ıoting Galleries

25: paint on upper wall (Blue Oasis), 70bb 6—Glidden Paint; 800/221-4100; www.glidden-.com. **Paint on lower wall** (Potpourri Green), 66/111—Glidden Paint; 800/221-4100; www.glid-aint.com. **Persons chairs**—Ballard Designs; for a ɔg call 800/367-2775; www.ballarddesigns.com.
26: paint on walls (Precious Jasper), 10GY 6; **paint on trim** (Tinder Box), 50YR 12/406—en Paint; 800/221-4100; www.gliddenpaint.com. **re frames**—custom made. **"Corsica" dresser,** 365, **Kendall armchair,** 1811485—Pier 1 Imports; store call 800/447-4371; www.pier1.com.
28: green paint (Tahiti), 10GG 62/278; **blue paint** Voyage), 17BG 60/218—Glidden Paint; 800/221-www.gliddenpaint.com. **Lamps and comforter**—Home Furnishings; for a catalog or store call 34-4532; www.ikea-usa.com.
30: paint on wall (Luz de Lime), 90YY 58/424—len Paint; 800/221-4100; www.gliddenpaint.com. **rins and glass bowl**—Target Stores; 800/800-; www.target.com.
32: mat cutter—Logan Graphic Products, 1100 vn St., Waucona, IL 60084; 800/331-6232.

corating with Beads

48: all beads—D'Kei, Inc.; for a retail store call 535-3534.

Page 54: fabric for table, 632113, Panorama (Ecru)—Waverly; 800/423-5881; www.waverly.com.

Larger Than Life

Page 58: cabinets—Downsview, 2635 Rena Rd., Mississauga, Ontario, Canada L4T1G6; 905/677-9354. **Hood, moldings, cherry desktop**—nuHaus, 1665 Old Skokie Rd., Highland Park, IL 60035; 847/831-1330. **Muralist for hood**—Steven Byrd, P.O. Box 550313, Atlanta, GA 30355; 404/577-4643. **Granite countertop,** "Uba Tuba"—Tithof Tile & Marble, Inc., 1657 Old Skokie Rd., Highland Park, IL 60035; 847/831-3444. **Backsplash tile,** "Laguna Series"—Walker & Zanger, Inc., 8901 Bradley Ave., Sun Valley, CA 91352; 818/504-0235. **Cooktop**—Viking Range Corp., 111 Front St., Greenwood, MS 38930; 601/455-1200. **Sink**—Franke, Inc., Kitchen Systems Div., 212 Church Rd., North Wales, PA 19454; 800/626-5771. **Faucet**—Newport Brass, 320 E. Alton Ave., Santa Ana, CA 92707; 714/436-0805. **Microwave oven**—GE Appliances, GE Answer Center, 800/626-2000. **Footed bowl, plate, hand-painted pitcher**—Anthropologie, 1780 Green Bay Rd., Highland Park, IL 60035; 847/681-0200.
Page 60 (*top right*): area rug—Village Carpets, 924 Green Bay Rd., Winnetka, IL 60093; 847/446-3800. (***Center left***): **Backsplash tile,** "Laguna Series"—Walker & Zanger, Inc. **Accent tiles**—Questech Metal **Tiles**—available from Tithof Tile & Marble (address above). (***Bottom left***): **TV shelf**—nuHaus (address above). **Chairs**—Z Gallerie, Inc., 374 Old Orchard Shopping Center, Skokie, IL 60077; 847/679-5000.

Small-Space Baths

Page 70: tile, "Dore Royale"—European Tile Art, 6440 Lusk Blvd., Ste. D 107, San Diego, CA 92121; 858/452-5090. **Faucets**—Newport Brass, 320 E. Alton Ave., Santa Ana, CA 92707; 714/436-0805. **Wallpaper**—Scalamandre, Attn.: Customer Relations, 300 Trade Zone Dr., Ronkkoma, NY 11779; 516/467-8800. **Shade fabric** (available only through design professionals)—Kravet Fabrics, Inc.; 800/648-4686.
Page 72: medicine cabinet, "P1 Series" (White)—Robern, Inc., 7 Wood Ave., Bristol, PA 19007; 800/877-2376. **Display niche light**—Sea Gull Lighting Products, Inc., 301 W. Washington, Riverside, NJ 08075; 856/764-0500. **Floor and wall tile,** "Natura Designer"—Florida Tile Ind., Inc., P.O. Box 447, Lakeland, FL 33802; 800/352-8453; www.floridatile.com. **Shower floor tile,** "Mosaics" (White/mixed)—American Olean Tile; 888/268-8453. **Custom cabinets**—Hillcraft, 2202 Advance Rd., Madison, WI 53718; 608/221-1012. **Countertop and basin** (Glacier White)—Dupont Corian Customer Response Center, P.O. Box 80702, Barley Mills Plaza 12-2206, Wilmington, DE 19880-0012; 800/426-7426; www.corian.com. **Lavatory faucet, shower valve, bar,** "Marlino" and "Domo"—KWC Faucets, Inc., 1555 Oakbrook Dr., Ste. 110, Norcross, GA 30093; 888/592-3287. **Handshower, hose,** "Activa"—Hansgrohe, 1465 Ventura Dr., Cumming, GA 30040; 800/719-1000. **Toilet,** "Metro" (White)—Duravit USA, 1750 Breckinridge Pkwy., Ste. 500, Duluth, GA 30096; 888/387-2848; www.duravit.com. **Shower enclosure**—Continental Mirror, Inc., 2437 Centerline Industrial Dr., St. Louis, MO 63043; 314/567-6171.
Pages 74-75: custom cabinets, "Quest" (Maple Breezewood)—Crystal Cabinets Works, Inc.; for a retailer in your area call 800/347-5045; www.ccworks.com. **Light fixture,** "Style No. 825.22.202"—Hafele America Co., 3901 Cheyenne Dr., Archdale, NC 27263; 800/334-1873. **Countertop,** "Mardi Gras"—Dupont Corian Customer Response Center (address above). **Sink,** "Style No. K-2160"; **custom toilet,** "Rialto, Style No. K-3386"—Kohler Co.; 800/456-4537; www.kohler.com. **Faucet,** "Style No. 33.08.3000"—Grohe America, Inc., 241 Covington Dr., Bloomingdale, IL 60108; 630/582-7711.

Make Blank Walls Bloom

Pages 102-112: Clematis, "Nelly Moser"—Van Bourgondien Bros., 245 Rte. 109, P.O. Box 1000, Babylon, NY 11702-9004; 800/622-9997; free catalog. Wayside

continued on page 228

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School Choice

by Caralee J. Adams

Just as consumers comparison shop for everyth from the lowest interest rates to the best long-distance plans, it should come as surprise that parents are increasingly shopping around for the best schools for th children. But they no longer have to look only to the private sector for choice.

Charter schools, magnet schools, and open enrollment policies are giv parents choices among schools, while staying within the public school system neighborhood school is not the only public option anymore. Parents now have m information about school performance, and can pick accordingly. Also, resea showing that children have different learning styles has prompted some pare to look beyond neighborhood schools to find the best fit for their child.

"Parents' radars are up. They are asking a lot of questions," says Jeanne All president of The Center for Education Reform in Washington, D.C. "Choice become an answer to a lot of those concerns."

Variations of choice

Open enrollment offers one option for parents. They can exercise choice by si ply selecting which traditional public school they wish their children to att through open enrollment policies, which vary widely by state. Another option the public sector is magnet schools, which offer focused curriculum in areas su as science or the performing arts. There are 4,000 magnet schools across country, clustered mostly in urban areas.

Charter schools, however, are the hottest development in the public cho movement. Some charter schools focus on a specialized curriculum; others designed for students at risk of dropping out. Some emphasize a back-to-bas style of teaching with uniform requirements and character education.

These schools outline a mission and student performance goals in th

continued on pag


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School Choice continued from page 88

"charter," which is a contract between the school and the local school district that must be met if the school is to stay open.

The appeal of charter schools is that they are personalized, and they are organized to meet the demands of parents, says Allen. "A charter school is in the business to perform better," she says. "If you start from the premise that every child has to perform well because the money follows the child, schools go out of their way to respond."

About 519,000 students attended charter schools in 2000 (or 1 percent of public school students nationwide)—up by 20 percent from the previous year. These schools cannot charge tuition or choose their students. About two-thirds have waiting lists.

Thirty-six states and Washington D.C. have charter school laws. A charter school law has *not* been passed in these states: Alabama, Iowa, Indiana, Kentucky, Maryland, Maine, Montana, North Dakota, Nebraska, South Dakota, Tennessee, Vermont, Washington, and West Virginia.

Charters call for high expectations

At the Minnesota New Country School, in Henderson, there are no classes and no bells ringing. Yet, students are learning. Parents, business leaders, and teachers—frustrated with the traditional public school bureaucracy—established this year-round charter school in 1994. One key difference between New Country School and a traditional school is its emphasis on project-based learning. The school's 105 students in grades 7–12 learn by doing. Students complete 10 projects a year to meet the state requirements for math, science, and communication.

"We are more concerned with creating an independent learner, rather than a student that just regurgitates information," says Dee Thomas, a veteran public school teacher and one of the school's founders. Because of the shift in control, kids feel a sense of ownership and there are few discipline problems. "We are seeing amazing results," Thomas says.

With an average enrollment of about 250, charter schools are generally smaller than traditional public schools. As a result of smaller class size, students receive more one-on-one help. A sense of community often emerges as parents get involved.

Mario Ortega's two children were overwhelmed in the large public school in his Los Angeles neighborhood. Now he drives his second and fifth graders five miles into economically challenged South Central L.A. for what he feels is a better education at the Accelerated School.

Compared to a class size of 30 in a nearby traditional neighborhood school, the charter school has about 20 kids in a classroom, along with plenty of parent volunteers. Ortega spends four hours a week helping with reading and math in the classroom or playing his guitar and teaching Sp ish songs. "There is a warm ca raderie among the students. T all take care of each other," he s

Challenges

Charter schools are still in an "exp imental stage," says Deanna Dub spokesperson for the Natio Education Association, the count largest teacher union.

The biggest challenge for ch ters: lack of money and facilit Although charter schools rece operating money from their sch districts, the shortage of start funds can be a major obstacle new schools. At many char schools, parents have to prov transportation, facilities are sor times limited, and athletic progra are rarely as complete as they ar traditional public schools.

Is it right for you?

Allen says it's impossible to comp student achievement at char schools: "It's like comparing apple oranges," says Allen. Yet, her or nization analyzed 53 research pap on charter schools and found that concluded that charter schools h been innovative and accountable addition, some successful char schools have sparked innovation the traditional schools in their ar

Ultimately, it's up to parents check out the performances competing schools. Look closely your child's interests—what en ronment works best for him or h Before applying, visit schools. Sit classrooms. Attend governing bo meetings. Also, ask administrat to review curricula, grade repo and teacher qualifications.

Don't enroll your child unless y are prepared to get involved. Ch ter schools typically rely on par volunteers to do everything fr tutoring to computer programm to landscaping.

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Battle of the Bedtimes

by Genelle Niss

"There's a window of opportunity in which your child will easily go to sleep. Once you go past that, they are overtired and they will fight sleep."



Wendy Dunn fights a battle every night and loses—to her 3-year-old daughter, Hailey. Dunn, mother of four from Sandpoint, Idaho, cannot get her daughter to sleep in her own bed.

Hailey and her three older brothers all get ready for bed at the same time. But when it's time for "lights out," the fight begins. Hailey does not want to sleep alone.

"She cries and cries. If I don't give in, usually one of the boys feels bad and lets her sleep with him," Dunn says. But because Hailey is a restless sleeper, her brothers do not like to share their beds. They often kick Hailey out of the bed, and she is off in search of a new place to sleep.

Families all over America are having similar battles with their children at bedtime. Some children, like Hailey, don't want to sleep in their own rooms. Others fight the idea of sleep itself.

Dr. Judith Owens, director of the Pediatrics Sleep Disorders Clinic at Hasbro Children Hospital in Providence, Rhode Island, says th children of different ages have development reasons for fighting their bedtimes. She explai that toddlers are at a stage in their lives where the are experiencing separation anxiety. "Their pe ception of going to bed is that they're leaving the parents or their parents are leaving them."

When children reach preschool age, they a going through a very active period developmen tally. "Sometimes they have a hard time windin down and falling asleep," Dr. Owens says.

Dr. Jodi Mindell, associate of the Slee Disorders Center at the Children's Hospital Philadelphia, says that factors contributing t bedtime battles include putting your child to be too late, failing to have a regular bedtime routine and giving your child mixed signals about goin

continued on page 9

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Battle of the Bedtimes

continued from page 94

to bed. "There's a window of opportunity in which your child will easily go to sleep. Once you go past that, they are overtired and they will fight sleep," says Dr. Mindell, author of *Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep* (1997).

Schedule enough sleep. No matter how much your child fights, it is crucial that he gets enough sleep to recharge his body. Dr. Mindell says that babies and toddlers need 10 to 12 hours of nighttime sleep, children in elementary school need nine to 11 hours, and adolescents need nine and one-quarter hours.

Establish a consistent bedtime. It is also important that your child is going to bed and rising in the morning at approximately the same time every day. When a child misses her bedtime, her routine will be disrupted. The result is a cranky child, which can lead to a bedtime battle.

Dr. Owens says that consistent bedtimes are crucial for a child's circadian rhythms (internal clock). Determine what time you need your child to rise every morning, and decide his or her bedtime, but don't feel like this time can never waver.

Keep to the routine. Also, you should have a bedtime routine that signals to your child when it is time to go to sleep. The bedtime routine should last approximately 30 minutes to an hour and consist of a few quiet activities that help calm your child down. Dr. Mindell suggests giving your child a warning about 15 minutes before starting the routine, so he or she can mentally prepare for bedtime.

In their book *No More Bedtime Battles: Simple Solutions to Bedtime Problems* (1996), Lee and Marlene Canter break the routine into three stages. The routine should begin by teaching your child good hygiene habits, which include bathing, combing hair, and brushing and flossing teeth. Next, you and your child can prepare for the following day by picking out clothes, getting school materials ready, and packing lunches. Finally, spend some quality time together. Quiet activities you can do with your child include reading, playing a board game, or listening to soothing music.

Anticipate requests. To avoid problems once lights are out, Dr. Mindell says to handle all potential requests in the routine. Make sure he gets a drink of water, goes to the bathroom, and sees that the room has been properly checked for monsters. Also, keep the temperature of the room at about 68 to 70 degrees so your child can sleep soundly, without getting too hot or cold.

For children who don't like to sleep in their own rooms, Dr. Owens suggests involving them in making decorating decisions. Or, you might want to consider putting a fish tank in your child's room, so she knows that something is in the room with her. If your child still doesn't want to sleep in her room, Dr. Owens suggests creating an incentive. "W reward them for staying in their ow rooms," she says. For exampl create a chart and let your child p a sticker on the chart for every nigh she sleeps in her room. If she stays i her room five out of seven nights week, let her choose an activity to d such as going to the park or out f ice cream.

Don't give in. Dr. Owens give some suggestions for parents wh are trying to change their child sleep patterns. First, parents shoul adhere to the rules that they hav established. Failing to do so, sh says, teaches the child that, "if I kee this up long enough, eventually m parent will give in." Second, remem ber that, "Things are likely to ge worse before they get better. A lot o times parents don't get past thi hump." After a few days o persistence, the fighting should stop

If your child is still having prob lems falling asleep and you believe there may be something medically wrong, Dr. Owens reminds parents to take questions about their child's sleep problems to their pediatrician local sleep clinic, or psychologist.

SLEEPY TEENS?

Although teenagers are in need of 9.25 hours of sleep nightly, most are gett significantly less and paying the price for it. Dr. Mark Mahowald, director of Minnesota Regional Sleep Disorders Center, says that many teens are suffer from irritability and an inability to concentrate due to sleep deprivation. They also in one of the highest risk groups for asleep-at-the-wheel car crashes.

Older adolescents require more sleep at night than younger adolescents to s alert during the day, but an older teen's internal clock makes it difficult for him her to fall asleep before 11 p.m. In addition, school starting times get increasin earlier as children get older. Responding to these conflicts, a few years ago so Minnesota school districts began delaying the starting times of schools. The Ed school district took the initiative, delaying the start time from 7:25 a.m. to 8 a.m. Dr. Mahowald says the results have been positive. "The behavior of stude in the school, particularly in the morning, has improved."

If your teen is suffering from a lack of sleep, there are things you can do to he

- Establish as early a bedtime as possible. Give your teen cues that it is time go to sleep by restricting stimulating activities and using dim lights. To signal t it is time to rise in the morning, flood the room with bright lights.
- Try to keep your teen's bedtimes the same on the weekends as weekda Disrupting the pattern makes it hard for teens to adjust their internal clock.
- Encourage your teen to take an afternoon nap.
- Take a stand about the importance of sleep, and talk to your school district abo delaying the starting time of school.



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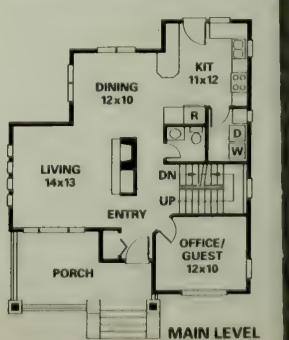


Size-Savvy Craftsman

Welcome to the first in a new home-plan series where we will be showcasing well-designed small houses. Our series begins with a neighborhood-friendly house that measures just 32 by 36 feet overall—a good fit for narrow city lots because the garage attaches to the back wall or sits near the rear lot line. The two-story layout yields maximum living space on a modest-size footprint, and Craftsman styling adds sociable charm on all sides.

Despite its diminutive dimensions, this house lives large. The main floor includes a spacious foyer, a formal dining room, and a family-size kitchen, plus a spare room up front that can be whatever you want—guest quarters, a home office, a den, or a quiet getaway space. Minimal partitions let the main rooms flow together and share space-stretching vistas.





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See complete prescribing information in SmithKline Beecham Pharmaceuticals literature or *PDR*. The following is a brief summary.

INDICATIONS AND USAGE: *Paxil* is indicated for the treatment of depression, obsessions and compulsions in patients with obsessive compulsive disorder (OCD) as defined in DSM-IV, panic disorder, with or without agoraphobia, as defined in DSM-IV and social anxiety disorder, as defined in DSM-IV.

CONTRAINDICATIONS: Concomitant use in patients taking monoamine oxidase inhibitors (MAOIs) is contraindicated. (See WARNINGS and PRECAUTIONS.) Contraindicated in patients with a hypersensitivity to paroxetine or any of the inactive ingredients in *Paxil*.

WARNINGS: Interactions with MAOIs may occur. Given the fatal interactions reported with concomitant or immediately consecutive administration of MAOIs and other SSRIs, do not use *Paxil* in combination with a MAOI or within 2 weeks of discontinuing MAOI treatment. Allow at least 2 weeks after stopping *Paxil* before starting a MAOI.

PRECAUTIONS: As with all antidepressants, use *Paxil* cautiously in patients with a history of mania.

Use *Paxil* cautiously in patients with a history of seizures. Discontinue it in any patient who develops seizures.

The possibility of suicide attempt is inherent in depression and may persist until significant remission occurs. Close supervision of high-risk patients should accompany initial drug therapy. Write *Paxil* prescriptions for the smallest quantity of tablets consistent with good patient management in order to reduce the risk of overdose.

Reversible hyponatremia has been reported, mainly in elderly patients, patients taking diuretics or those who were otherwise volume depleted. Abnormal bleeding (mostly ecchymosis and purpura), including a case of impaired platelet aggregation, has been reported; the relationship to paroxetine is unclear.

Clinical experience with *Paxil* in patients with concomitant systemic illness is limited. Use cautiously in patients with diseases or conditions that could affect metabolism or hemodynamic responses. Observe the usual cautions in cardiac patients. In patients with severe renal impairment (creatinine clearance <30 mL/min.) or severe hepatic impairment, a lower starting dose (10 mg) should be used.

Caution patients about operating hazardous machinery, including automobiles, until they are reasonably sure that *Paxil* therapy does not affect their ability to engage in such activities. Tell patients 1) to continue therapy as directed, 2) to inform physicians about other medications they are taking or plan to take; 3) to avoid alcohol while taking *Paxil*; 4) to notify their physicians if they become pregnant or intend to become pregnant during therapy, or if they're nursing.

Weakness, hyperreflexia, and incoordination following use of an SSRI and sumatriptan have been rarely reported.

Concomitant use of *Paxil* with tryptophan is not recommended. Use cautiously with warfarin. When administering *Paxil* with cimetidine, dosage adjustment of *Paxil* after the 20 mg starting dose should be guided by clinical effect. When co-administering *Paxil* with phenobarbital or phenytoin, no initial *Paxil* dosage adjustment is needed, base subsequent changes on clinical effect. Concomitant use of *Paxil* with drugs metabolized by cytochrome $P_{450}IID_6$ (antidepressants such as nortriptyline, amitriptyline, imipramine, desipramine and fluoxetine; phenothiazines such as thioridazine; Type 1C antiarrhythmics such as propafenone, fecainide and encainide) or with drugs that inhibit this enzyme (e.g., quinidine) may require lower doses than usually prescribed for either *Paxil* or the other drug; approach concomitant use cautiously. An *in vivo* interaction study revealed that paroxetine had no effect on terfenadine pharmacokinetics. Additional *in vitro* studies showed that the inhibitory effects of paroxetine on other $IIIA_4$ substrates (astemizole, cisapride, triazolam and cyclosporin) was at least 100 times less potent than ketoconazole, a potent $IIIA_4$ inhibitor. Assuming that the relationship between paroxetine's *in vitro* Ki and its lack of effect on terfenadine's *in vivo* clearance predicts its effect on other $IIIA_4$ substrates, paroxetine's inhibition of $IIIA_4$ activity should have little clinical significance. Use caution when co-administering *Paxil* with tricyclic antidepressants (TCAs). TCA plasma concentrations may need monitoring and the TCA dose may need to be reduced. Administration of *Paxil* with another tightly protein-bound drug may shift plasma concentrations, resulting in adverse effects from either drug. Concomitant use of *Paxil* and alcohol in depressed patients is not advised. Undertake concomitant use of *Paxil* and lithium or digoxin cautiously. If adverse effects are seen when co-administering *Paxil* with procyclidine, reduce the procyclidine dose. Elevated theophylline levels have been reported with *Paxil* co-administration; monitoring theophylline levels is recommended.

In 2-year studies, a significantly greater number of male rats in the 20 mg/kg/day group developed reticulum cell sarcomas vs. animals given doses of 1 or 5 mg/kg/day. There was also a significantly increased linear trend across dose groups for the occurrence of lymphoreticular tumors in male rats. Although there was a dose-related increase in the number of tumors in mice, there was no drug-related increase in the number of mice with tumors. The clinical significance of these findings is unknown. There is no evidence of mutagenicity with *Paxil*.

Rats receiving paroxetine at 15 mg/kg/day (2.4 times the MRHD on a mg/m^2 basis) showed a reduced pregnancy rate.

Pregnancy Category C. Reproduction studies performed in rats and rabbits at doses up to 6 mg/kg/day, 8.1 (rat) and 1.9 (rabbit) times the MRHD on a mg/m^2 basis, have revealed no evidence of teratogenic effects or of selective toxicity to the fetus. However, rat pup deaths increased during the first 4 days of lactation when dosing occurred during the last trimester of gestation and continued throughout lactation. The cause of these deaths is not known. There are no adequate and well-controlled studies in pregnant women. *Paxil* should be used in pregnancy only if the potential benefit justifies the potential risk to the fetus. The effect of *Paxil* on labor and delivery in humans is unknown. Paroxetine is secreted in human milk; exercise caution when administering *Paxil* to a nursing woman.

Safety and effectiveness in the pediatric population have not been established.

In worldwide premarketing *Paxil* clinical trials, 17% of *Paxil*-treated patients were ≥65 years of age. Pharmacokinetic studies revealed a decreased clearance in the elderly and a lower starting dose is recommended. However, there were no overall differences in the adverse event profile between older and younger patients.

ADVERSE REACTIONS: Incidence in Controlled Trials—*Commonly Observed Adverse Events in Controlled Clinical Trials:* The most commonly observed adverse events associated with the use of *Paxil* in the treatment of depression (incidence of 5% or greater and incidence for *Paxil* at least twice that for placebo): asthenia (15% vs. 6%), sweating (11% vs. 2%), nausea (26% vs. 9%), decreased appetite (6% vs. 2%), somnolence (23% vs. 9%), dizziness (13% vs. 6%), insomnia (13% vs. 6%), tremor (8% vs. 2%), nervousness (5% vs. 3%), ejaculatory disturbance (13% vs. 0%) and other male genital disorders (10% vs. 0%).

The most commonly observed adverse events associated with the use of paroxetine in the treatment of obsessive compulsive disorder (incidence of 5% or greater and incidence for *Paxil* at least twice that of placebo) were: nausea (23% vs. 10%), dry mouth (18% vs. 9%), decreased appetite (9% vs. 3%), constipation (16% vs. 6%), dizziness (12% vs. 6%), somnolence (24% vs. 7%), tremor (11% vs. 1%), sweating (9% vs. 3%), impotence (8% vs. 1%) and abnormal ejaculation (23% vs. 1%).

The most commonly observed adverse events associated with the use of paroxetine in the treatment of panic disorder (incidence of 5% or greater and incidence for *Paxil* at least twice that for placebo) were: asthenia (14% vs. 5%), sweating (14% vs. 6%), decreased appetite (7% vs. 3%), libido decreased (9% vs. 1%), tremor (9% vs. 1%), abnormal ejaculation (21% vs. 1%), female genital disorders (9% vs. 1%) and impotence (5% vs. 0%).

The most commonly observed adverse events associated with the use of paroxetine in the treatment of social anxiety disorder (incidence of 5% or greater and incidence for *Paxil* at least twice that for placebo) were: sweating (9% vs. 2%), nausea (25% vs. 7%), dry mouth (9% vs. 3%), constipation (5% vs. 2%), decreased appetite (8% vs. 2%), somnolence (22% vs. 5%), tremor (9% vs. 1%), libido decreased (12% vs. 1%), yawn (5% vs. 1%), abnormal ejaculation (28% vs. 1%), female genital disorders (9% vs. 1%) and impotence (5% vs. 1%).

Twenty percent (1,199/6,145) of *Paxil* patients in worldwide clinical trials in depression and 16.1% (84/522), 11.8% (64/542) and 9.4% (44/469) of *Paxil* patients in worldwide trials in social anxiety disorder, OCD and panic disorder, respectively, discontinued treatment due to an adverse event. The most common events (≥1%) associated with discontinuation and considered to be drug related include the following: **depression**-somnolence, agitation, tremor, nausea, diarrhea, dry mouth, vomiting, asthenia, abnormal ejaculation, sweating; **OCD** insomnia, dizziness, constipation, nausea, asthenia, abnormal ejaculation, impotence; **panic disorder**-somnolence, insomnia, nausea; **social anxiety disorder**-somnolence, insomnia, tremor, anxiety, dizziness, nausea, vomiting, flatulence, asthenia, abnormal ejaculation, s… decreased.

The following adverse events occurred in 6-week placebo-controlled trials of similar design at a f… or more, in patients dosed (20 to 50 mg/day) for the treatment of depression: headache, asthe… vasodilation; sweating, rash; nausea, dry mouth, constipation, diarrhea, decreased appet… oropharynx disorder, dyspepsia; myopathy, myalgia, myasthenia, somnolence, dizziness, ins… nervousness, anxiety, paresthesia, libido decreased, drugged feeling, confusion, yawn, blurre… perversion, ejaculatory disturbance, other male genital disorders, urinary frequency, urination d… genital disorders.

The following adverse events occurred at a frequency of 2% or more among OCD patients on *Pa…* ipated in placebo-controlled trials of 12 weeks duration in which patients were dosed in a … 60 mg/day or among patients with panic disorder on *Paxil* who participated in placebo-controlle… 12 weeks duration in which patients were dosed in a range of 10 to 60 mg/day or among patie… anxiety disorder on *Paxil* who participated in placebo-controlled trials of 12 weeks duration in … were dosed in a range of 20 to 50 mg/day: asthenia, abdominal pain, chest pain, back pain, chills … dilation, palpitation; sweating, rash; nausea, dry mouth, constipation, diarrhea, decreased appet… flatulence, increased appetite, vomiting; myalgia; increased appetite; insomnia, somnolence, diz… nervousness, libido decreased, agitation, anxiety, abnormal dreams, concentration impaired, dep… myoclonus, amnesia, rhinitis, pharyngitis, yawn, abnormal vision, taste perversion; abnorm… dysmenorrhea, female genital disorder, impotence, urinary frequency, urination impaired, urinary t…

Studies in depression show a clear dose dependency for some of the more common adverse eve… with *Paxil* use. There was evidence of adaptation to some adverse events with continued *Paxi…* nausea and dizziness). Significant weight loss may be an undesirable result of *Paxil* treatment for … but, on average, patients in controlled trials had minimal (about 1 lb) loss. In placebo-controlled … *Paxil*-treated patients exhibited abnormal values on liver function tests no more frequently than p… patients.

In placebo-controlled clinical trials involving more than 1,800 patients with depression, OCD, pa… social anxiety disorder, the following incidences of untoward sexual experiences for patients receiv… reported, varying with the disease state: In males: decreased libido (6% to 14%), ejaculatory distur… delayed ejaculation (13% to 28%), impotence (2% to 8%). In females: decreased libido (1% to … disturbance (2% to 9%). The reported incidence of each of these adverse events was <5% am… female patients receiving placebo.

Other Events Observed During the Premarketing Evaluation of *Paxil*: During premarketing … depression multiple doses of *Paxil* were administered to 6,145 patients in phase 2 and 3 st… premarketing clinical trials in OCD, panic disorder, and social anxiety disorder, 542, 469, and … respectively, received multiple doses of *Paxil*. The following adverse events were reported. Note… events occurring in at least 1/100 patients; "infrequent"= 1/100 to 1/1000 patients; "rare" = less… patients. Events are classified within body system categories and enumerated in order of decreas… using the above definitions. It is important to emphasize that although the events occurred durin… ment, they were not necessarily caused by it.

Body as a Whole: *frequent*: chills, malaise; *infrequent*: allergic reaction, face edema, nec… adrenergic syndrome, cellulitis, moniliasis, neck rigidity, pelvic pain, peritonitis, ulcer. **Cardiovasc…** *frequent*: hypertension, syncope, tachycardia; *infrequent*: bradycardia, hematoma, hypotension, m… angina pectoris, arrhythmia nodal, atrial fibrillation, bundle branch block, cerebral ischemia, ce… accident, congestive heart failure, heart block, low cardiac output, myocardial infarct, myocard… pallor, phlebitis, pulmonary embolus, supraventricular extrasystoles, thrombophlebitis, thrombosis, … vascular headache, ventricular extrasystoles. **Digestive System:** *infrequent*: bruxism, colitis… eructation, gastritis, gastroenteritis, gingivitis, glossitis, increased salivation, liver function tests abn… hemorrhage, ulcerative stomatitis; *rare*: aphthous stomatitis, bloody diarrhea, bulimia, cholelithiasi… enteritis, esophagitis, fecal impactions, fecal incontinence, gum hemorrhage, hematemesis, he… intestinal obstruction, jaundice, melena, mouth ulceration, peptic ulcer, salivary gland enlargem… ulcer, stomatitis, tongue discoloration, tongue edema, tooth caries. **Endocrine System:** *rare*: diabi… hyperthyroidism, hypothyroidism, thyroiditis. **Hemic and Lymphatic Systems:** *infrequent*: anemia, … leukocytosis, leukopenia, lymphadenopathy, purpura; *rare*: abnormal erythrocytes, basophilia, … anemia, iron deficiency anemia, lymphedema, abnormal lymphocytes, lymphocytosis, microc… monocytosis, normocytic anemia, thrombocythemia, thrombocytopenia. **Metabolic and Nutrition…** weight gain, weight loss; *infrequent*: alkaline phosphatase increased, edema, peripheral ed… increased, SGPT increased, thirst; *rare*: bilirubinemia, BUN increased, creatinine phosphokinas… dehydration, gamma globulins increased, gout, hypercalcemia, hypercholesteremia, hyp… hyperkalemia, hyperphosphatemia, hypocalcemia, hypoglycemia, hypokalemia, hyponatremia, k… dehydrogenase increased. **Musculoskeletal System:** *frequent*: arthralgia; *infrequent*: arthritis; *ra…* bursitis, myositis, osteoporosis, generalized spasm, tenosynovitis, tetany. **Nervous System:** *freque…* CNS stimulation, concentration impaired, depression, emotional lability, vertigo; *infrequent*: abnorr… alcohol abuse, ataxia, delirium, depersonalization, dystonia, dyskinesia, euphoria, hallucinatio… hyperkinesia, hypertonia, hypesthesia, hypokinesia, incoordination, lack of emotion, libido incre… reaction, neurosis, paralysis, paranoid reaction, psychosis; *rare*: abnormal gait, akinesia, antisoc… aphasia, choreoathetosis, circumoral paresthesia, convulsion, delusions, diplopia, drug dependenc… extrapyramidal syndrome, fasciculations, grand mal convulsion, hyperalgesia, hysteria, mani… reaction, meningitis, myelitis, neuralgia, neuropathy, nystagmus, peripheral neuritis, psychotic … reflexes decreased, reflexes increased, stupor, trismus, withdrawal syndrome. **Respiratory Syste…** cough increased, rhinitis, sinusitis; *infrequent*: asthma, bronchitis, dyspnea, epistaxis, hype… pneumonia, respiratory flu; *rare*: emphysema, hemoptysis, hiccups, lung fibrosis, pulmonary ede… increased, voice alteration. **Skin and Appendages:** *frequent*: pruritus; *infrequent*: acne, alope… dermatitis, dry skin, ecchymosis, eczema, herpes simplex, maculopapular rash, photosensitivity, urt… angioedema, erythema nodosum, erythema multiforme, fungal dermatitis, furunculosis, herpes zoste… seborrhea, skin discoloration, skin hypertrophy, skin ulcer, vesiculobullous rash. **Special Senses:** … abnormality of accommodation, conjunctivitis, ear pain, eye pain, mydriasis, otitis media, photophot… *rare*: amblyopia, anisocoria, blepharitis, cataract, conjunctival edema, corneal ulcer, deafness, exophth… hemorrhage, glaucoma, hyperacusis, keratoconjunctivitis, night blindness, otitis externa, parosmia, pt… hemorrhage, taste loss, visual field defect. **Urogenital System:** *infrequent*: abortion, amenorrhea, … cystitis, dysuria, hematuria, menorrhagia, nocturia, polyuria, urinary incontinence, urinary retent… urgency, vaginal moniliasis, vaginitis; *rare*: breast atrophy, breast enlargement, epididymitis, fema… fibrocystic breast, kidney calculus, kidney pain, leukorrhea, mastitis, metrorrhagia, nephritis, olig… urethritis, uterine spasm, urolith, vaginal hemorrhage.

Postmarketing Reports
Voluntary reports of adverse events that have been received since market introduction and not listed … may have no causal relationship with *Paxil* include: acute pancreatitis, elevated liver function test… severe cases were deaths due to liver necrosis, and grossly elevated transaminases associated with … dysfunction), Guillain-Barré syndrome, toxic epidermal necrolysis, priapism, thrombocytopenia, s… inappropriate ADH secretion, symptoms suggestive of prolactinemia and galactorrhea, neuroleptic… syndrome-like events, extrapyramidal symptoms which have included akathisia, bradykinesia, cogwh… dystonia, hypertonia, oculogyric crisis (which has been associated with concomitant use of pimozide), … trismus, and serotonin syndrome, associated in some cases with concomitant use of serotonergic dru… drugs which may have impaired *Paxil* metabolism (symptoms have included agitation, confusion, d… hallucinations, hyperreflexia, myoclonus, shivering, tachycardia and tremor). There have been sp… reports that abrupt discontinuation may lead to symptoms such as dizziness, sensory disturbances, … anxiety, nausea and sweating; these events are generally self-limiting. There has been a report of … phenytoin level after 4 weeks of *Paxil* and phenytoin co-administration, and a report of severe hypote… *Paxil* was added to chronic metoprolol treatment.

DRUG ABUSE AND DEPENDENCE: Controlled Substance Class: *Paxil* is not a controlled … Evaluate patients carefully for history of drug abuse and observe such patients closely for signs of *Paxi…* abuse (e.g., development of tolerance, incrementations of dose, drug-seeking behavior).

BRS-PX:L16

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better by design

You can bask in the warm glow of the French countryside—even in Middle America. At the Niebur family home in Des Moines, Iowa, classic Georgian-style architecture embraces the shapely forms of French furniture. Scrolled ironwork and rustic, round-back benches throw curves casual enough for kids to catch. by Candace Ord Manroe







continued from page Z1





amily-style French



Pale linen upholsteries ensure that the antique Hariz rug ("a piece of art," says Pauline) gets the attention it deserves (*left*). The gilt mirror not only hints of France, but adds a needed curve.

"I love it when people ask if my new chairs are antiques," Pauline says. Like the artful rug, the painting (*above*) is a focal point. The coffee table is a custom copy of a pricier piece; the end table is a catalog find.

Straitlaced English millwork, hushed in neutrals, is an ideal foil for curvier French furniture. But even before Pauline and Bill Niebur owned this home, Pauline was a Francophile. Minoring in French in college, she rejoiced when Bill's job as a scientist moved them to Blois, in France's Château region: "Visiting the homes of our French friends, we grew to love their antique furniture." Classes taught the couple how to distinguish period antiques from fabulous fakes, guiding their European buys, such as the living room's magnificent Oriental rug.

continued on page Z6

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A paisley throw layered over a floor-length tab skirt lends Fren style to a gener table. The carve oak armoire retains its origi hardware.

"We learned that recognizing and labeling antiques is a very subjective process," she says. Two appraisals of a late-17th-century chair in the living room told different stories: "One said it's English, the other said it's Dutch," says Pauline, laughing. Either way, the chair's glorious twists and turns make it a natural companion for the room's dramatic 18th-century French armoire—a staple of country French design because of its scale, style, and storage.

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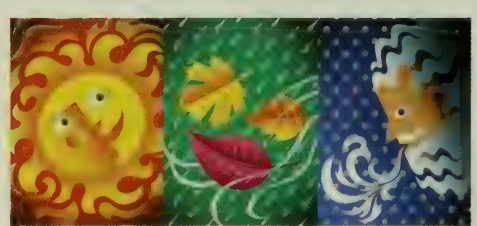




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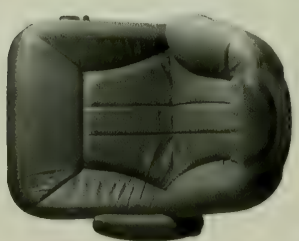
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continued from page Z6





A late-18th-century buffet (*left*) provides attractive storage space in the sunroom. The two small oil paintings of Paris were purchased in Belgium, where the family moved after living in France.

A simple sisal rug and cheery fabrics that camouflage stains make the sunroom sparkle (*above*). "These casual rooms allow the living room to be used more for adult entertaining," explains Pauline.

Now that they have two young children, Christopher (*above*) and Alex, the Nieburs are especially pleased with their choice of French antiques. "These pieces are very casual," says Pauline. "Most of ours are 18th century, but they are provincial pieces rather than the more formal style." Despite its handsome burl wood, even the old French buffet in the sunroom is impervious to damage. "One more scratch won't matter," Pauline says. The room's oversized upholstered chair and ottoman, brought back from Belgium, also support the family's flop-down style and invite snuggle time for two.

continued on page Z12



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continued from page Z10



The handsome light fixture is an antique added after the Nieburs purchased the home. Table coverings lighten up the dark wood to give the space a fresh feel.

In the dining room, creating the French style is as easy as dressing the top of the table with matelassé, a popular quiltlike French fabric. Plus, dressing up "early-married" furnishings means they can still hang around. "We bought the table and chairs very inexpensively, as newlyweds," recalls Pauline. "I meant to replace them, but I liked the slipcovers so well, I changed my mind." The above-the-knee chair skirts are just flirty enough to fit in with French style's penchant for flourishes.

continued on page Z14


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Neutral backgrounds allow contemporary art—th couple's newest passion—to take center stage. Mixing a with the antiques is a no-brainer, according to Paulin "When you buy what you love, there's some commo thread that weaves everything together, even though yo may be unaware of it." The dining room's bombé ches and the painting above it share a similar lyrical feelin And in the small bath, the dressy ceiling fixture repeat the classic contour that's a theme of the home.

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Buying information, page Z1

An 18th-century walnut French provincial bombé chest (*left*) is one of the most treasured antiques in the house. The painting also is a family favorite.

Even a tiny bath (*above*) assumes French style with Belgian linens, European city-scene art, and an antique fixture purchased in Des Moines.


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Some of the products shown editorially in the Better by Design section of *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturer listed below.

Family-Style French

Pages Z2-Z3: cream silk pillows on sofa, 330 Galuchat, 4 Blé—Clarence House, through your local designer. **Large chenille tassels on pillows**—Brunschwig & Fils; 212/838-7878; www.brunschwig.com. To the trade. **Fabric damask fabric and trim for pillows**—Cowtan & Tout; 212/753-4488. **Red and blue silk fabric for pillows**—Stroheim & Romann; 718/70 7000. **Sofa**—Charles Stewart Co.; 828/33 9464. **Fabric on sofa,** Trouville linen damask natural—Brunschwig & Fils; 212/838-787 www.brunschwig.com. To the trade. **Reproduction Adelphi chairs**—Mike Bell Galler through Marshall Fields; 312/781-5713. **Fabric on chairs,** Bentley ticking stripe, natural linen Brunschwig & Fils; 212/838-7878; or s www.brunschwig.com. To the trade. (***Upper right***): **original painting**—Karen Chesterma through Olson/Larsen Galleries, 203 Fifth S West Des Moines, IA 50265; 515/277-6734.

Page Z6: tablecloth fabric—Pindler & Pindler 213/465-5104; www.pindler.com. **Silk fabric on pillow**—Stroheim & Romann; 718/70 7000. **Pillow trim**—Scalamandré Studio 718/361-8500.

Page Z12: chair fabric, Benard woven s (beige)—Travers; 212/772-2778. **White matelassé table cover**—Garnet Hill; for a catalog c 800/622-6216; www.garnethill.com. **Painted linen table shirt**—Pindler & Pindler; 213/46 5104; www.pindler.com.

Page Z14 (*left*): original painting—Cornel Ruhtenberg, through Olson/Larsen Galleries 203 Fifth St., West Des Moines, IA 5026 515/277-6734.

Page Z18 (*top*): bedding—Peacock Alley 800/810-0708; www.peacockalley.com.

Page Z20: fabric at window—Pindler Pindler; 213/465-5104; www.pindler.com **Damask fabric for bed pillows**—Brunschwig Fils; 212/838-7878; www.brunschwig.com **Bed linen**—Peacock Alley; 800/810-070 www.peacockalley.com.

Page Z22: dollhouse—Little Darlin's, Miniatur Shop, 130 Fifth St., West Des Moines, IA 5026 515/255-5655. **Red check fabric on chai** Ascot—Stroheim & Roman; 718/706-7000. **Pair finish on bed**—Wayne Percel; 515/285-2550.

Page Z24: watercolor painting of camel—Roxane Hollosi, 5910 E.P. True Pkwy., West De Moines, IA 50266; fisheyearts@home.com.

architects & designers

Pages Z1-Z24: interior designer—Sue Carlson SC Design, 1215-A Central St., Evanston, I 60201; 847/866-6483.



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continued from page Z14



Bed linens in the guest room (*above*) suggest French style with their padded textures, colors, and patterns. The paint color on the walls also hints at sun-blistered farmhouses in Provence.

French style is enjoying a renaissance in popularity; one reason may be its flexibility. Can't fly to France to shop the local flea markets and stores? No problem. The style's recognizable forms and traits make it simple to find American pieces with a kindred spirit. The Nieburs' guest room has at least three: an old Iowa bed with delicately-turned ironwork, a European-style sink made from old and new American parts, and an all-American window shade that curtsies to French form.

continued on page Z20



Fighting the old-house syndrome of too-few-baths, Pauline bought an inexpensive old dresser, then plumbed and fitted it with a new rustic bowl (*left*). "People can't believe it really works," she says.

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continued from page Z18



"You can't always find an old piece to meet your needs," Pauline admits, "so it's nice to have options." In bedrooms, one legitimate alternative is linens—luxurious textiles that capture the feel of France both in color and pattern. Interior designer Sue Carlson helped with the selections. "It was fun working with Pauline because she likes things very clean—a mix of good fabrics with fine antiques," Carlson says. "Even the master bedroom's window treatment, which is a London-style shade, looks French while staying fairly streamlined."

French style is broadcast in details such as the scalloped edges of the bed's matelassé covering. Tip: Identify a theme of the style, such as curves, then repeat it.

continued on page Z22

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better by design

continued from page Z20





Coordinated mini-print Fren floral wallpape and fabrics (*above*), carried forth even to th vanity stool, ge maximum play off the simplici of the stark wh vanity.

Skimming the lower walls, built-in storage (*left*) that captures the classic lines of the original architecture provides Alex plenty of growi room.

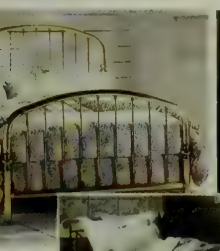
Ensuring follow-through for the style in the children's rooms was a challenge. "The rooms are under the eaves, on the third floor, so there wasn't much space for furniture," says Pauline. Low ceilings made tall antiques out of the question. To capture storage space, Pauline added custom cabinetry: "Even the beds are trundles, built especially for these rooms." Sun-drenched fabrics and wallpaper—indelibly French—imprint the style on 7-year-old Alex's room.

continued on page Z24

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better by design

continued from page Z22

But what to do when patterned fabrics and wallpapers—wonderful for a girl's room—aren't so appealing to a 9-year-old son? "I relied on Sue's boldness with color," says Pauline. Christopher's room is splashed with brilliant blues and jewel reds (make that Iowa State University reds)—hues so alive they appear fresh-plucked from fields of lavender and poppies. The white built-ins sharpen the colors, while their moldings make a visual link to other rooms. Even the curved window is a subtle clue that a bit of France grows in the heart of America.

Buying information, page Z16



Wear-resistant wall-to-wall carpeting is a realistic concession to children's lifestyles. Having a third floor entirely for the kids helps preserve the living room's less forgiving fabrics, Pauline says.

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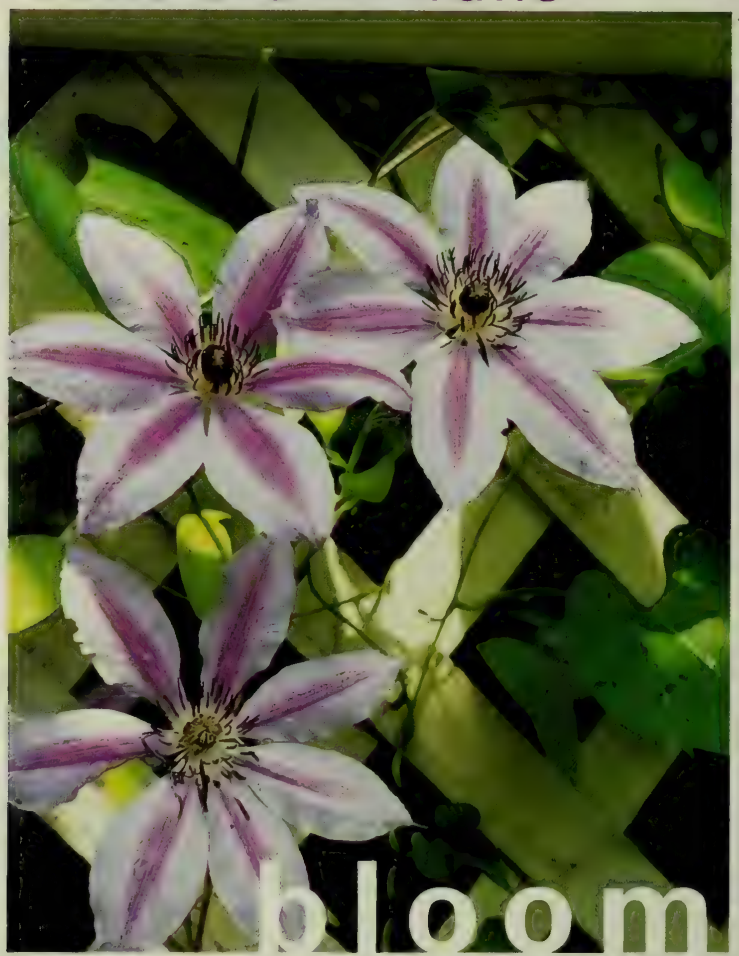
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make blank walls

by Mark Kane



Somewhere in your yard there's a stretch of wall that needs more than a coat of paint to light up and shine. Between the bathroom window and the chimney? The side of the garage? Whatever the location, the problem is the same—expanse of blankness. In the *Better Homes and Gardens*® Test Garden, we've filled in the blanks with flowering vines, such as clematis Nelly Moser (*above*). They cover big spaces, they're graceful, and, best of all, they bloom. But when a wall needs repair or repainting, vines get in the way. So we designed a combo of trellis and hardware that can be easily removed and reinstalled. It worked on the tool shed in the Test Garden (*page 112*). Now it's your turn to choose a vine and put an end to that blank look.

continued on page 104

PHOTOGRAPH: MARK KANE

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continued from page 102



Annuals

Banana-shaped flowers line up on the 8-inch stems of Mina lobata, a relative of morning-glory (*left*). The flowers go white as they age. Mina waits until early fall to bloom. Start it from seeds in spring.
Cypress vine (*below*) is another relative of morning-glory and, like Mina, can grow 4 feet wide and 10 feet high from seeds by the end of summer. The flowers are small but their vivid red color shows up brightly in front of the soft, needlelike leaves.



Like Jack's beanstalk, most annual vines are *vigorous*. Sow seeds in 4-inch pots so the new plants have room to gain size, and give each seedling a stick to climb on. Transplant when the youngsters are tall enough to catch the bottom of your trellis. Water regularly and be patient. At first, they may seem to grow too slowly to ever make a show. Wrong! In late spring, the first hint of heat will send them shooting for the sky. Big growers include lablab bean, scarlet runner bean, and morning-glory. Jack traded a cow, but you can buy seeds at a garden center or a mail-order seed company (*for buying information, see page 87*).

continued on page 106

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make blank walls bloom

continued from page 104

Once they start, annual vines typically bloom nonstop, and most of them also flower extravagantly. Take morning-glories. Please. One of these (*bottom right*) can have a dozen flowers in full bloom, day after day, until cool weather in fall slows down the show. Dainty trumpets make asarina (*top right*) a good choice for the front door or garden room. At 6 feet, it's small for a vine—small enough for a container. Black-eyed Susan vine (*middle right*) also looks at home in a container.

Annuals

Mandevilla (*right*) is a tropical with big, shiny leaves and trumpet-shaped flowers up to 4 inches across. With their rich colors and velvety texture, the flowers look tropical, and they are tropically generous. The flowers grow in clusters, and in each cluster they open one after another. Meanwhile, new clusters form above the old as the vine climbs higher. The result: Good-sized vines, such as these, bloom constantly until cold weather arrives. The plant cannot stand cold. If you grow it in a pot, bring the pot indoors for the winter, cut the vine back to a handy size, and give it a sunny window. If you grow it in the ground, dig up the vine, clean the soil off the roots, and pot it for the winter. In spring, wait until the weather is warm, then move the plant outside. Be prepared for a pleasant surprise. Each year the vine will be stronger than the year before.

continued on page 108



ook Who's Cooking with California Raisins

JAN BIRNBAUM

T. CATAHOULA Sazerac

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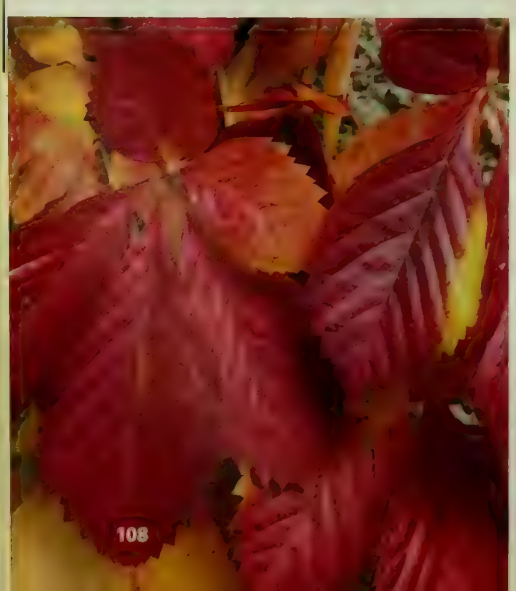


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Perennials

Like fireworks, the flowers of climbing honeysuckle open in clusters at the end of every stem (*above*). This one is Morden's Pink, which flowers constantly from early summer until the first fall frost. Climbing hydrangea (*right*) will grow and *flower* on a north-facing wall, in spite of the constant shade. It blooms once, in summer. The fall color of Virginia creeper (*below*) lasts two weeks. The vines glue themselves to walls, so give them a trellis instead and save a lot of scraping.



continued from page 107



Perennial vines take their time to mature. Be patient! The saying is: "The first year they sleep, the second year they creep, the third year they leap." When they leap, they soon cover a trellis or a wall. Every winter, you cut back last year's growth and shape what remains to a main stem and branches. The permanent parts grow gnarled and picturesque while the new growth maintains the vigor and bloom of youth. Even an old vine will let you move a trellis temporarily to work on the wall behind it. The stem is thick but flexes. Just lean the trellis away from the wall and prop it up.

Most perennial vines bloom once in spring, but there are some that bloom for months, such as clematis Nelly Moser and honeysuckle Morden's Pink. Other good choices: Boston ivy, grape, trumpet vine, and passion flower.

continued on page 112



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PATIENT INFORMATION

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Read this information carefully before you start taking this medicine and each time you refill your prescription. There may be new information. This information does not take the place of your doctor's advice. Ask your doctor or pharmacist if you do not understand some of this information or if you want to know more about this medicine.

What are GLUCOPHAGE and GLUCOPHAGE XR?

GLUCOPHAGE and GLUCOPHAGE XR are used to treat type 2 diabetes. This is also known as non-insulin-dependent diabetes mellitus. People with type 2 diabetes are not able to make enough insulin or respond normally to the insulin their bodies make. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems including kidney damage, amputations, and blindness. Diabetes is also closely linked to heart disease. The main goal of treating diabetes is to lower your blood sugar to a normal level.

High blood sugar can be lowered by diet and exercise, by a number of medicines taken by mouth, and by insulin shots. Before you take GLUCOPHAGE or GLUCOPHAGE XR, try to control your diabetes by exercise and weight loss. While you take your diabetes medicine, continue to exercise and follow the diet advised for your diabetes. No matter what your recommended diabetes management plan is, studies have shown that maintaining good blood sugar control can prevent or delay complications of diabetes, such as blindness.

GLUCOPHAGE and GLUCOPHAGE XR have the same active ingredient. However, GLUCOPHAGE XR works longer in your body. Both of these medicines help control your blood sugar in a number of ways. These include helping your body respond better to the insulin it makes naturally, decreasing the amount of sugar your liver makes, and decreasing the amount of sugar your intestines absorb. GLUCOPHAGE and GLUCOPHAGE XR do not cause your body to make more insulin. Because of this, when taken alone, they rarely cause hypoglycemia (low blood sugar), and usually do not cause weight gain. However, when they are taken with a sulfonylurea or with insulin, hypoglycemia is more likely to occur, as is weight gain.

WARNING: A small number of people who have taken GLUCOPHAGE have developed a serious condition called lactic acidosis. Lactic acidosis is caused by a buildup of lactic acid in the blood. This happens more often in people with kidney problems. Most people with kidney problems should not take GLUCOPHAGE or GLUCOPHAGE XR. (See "What are the side effects of GLUCOPHAGE and GLUCOPHAGE XR?")

Who should not take GLUCOPHAGE or GLUCOPHAGE XR?

Some conditions increase your chance of getting lactic acidosis, or cause other problems if you take either of these medicines. Most of the conditions listed below can increase your chance of getting lactic acidosis.

Do not take GLUCOPHAGE or GLUCOPHAGE XR if you:

- have kidney problems
- have liver problems
- have heart failure that is treated with medicines, such as Lanoxin® (digoxin) or Lasix® (furosemide)
- drink a lot of alcohol. This means you binge drink for short periods or drink all the time
- are seriously dehydrated (have lost a lot of water from your body)
- are going to have an x-ray procedure with injection of dyes (contrast agents)
- are going to have surgery
- develop a serious condition, such as heart attack, severe infection, or a stroke
- are 80 years or older and you have NOT had your kidney function tested

Tell your doctor if you are pregnant or plan to become pregnant. GLUCOPHAGE and GLUCOPHAGE XR may not be right for you. Talk with your doctor about your choices. You should also discuss your choices with your doctor if you are nursing a child.

How should I take GLUCOPHAGE or GLUCOPHAGE XR?

Your doctor will tell you how much medicine to take and when to take it. You will probably start out with a low dose of the medicine. Your doctor may slowly increase your dose until your blood sugar is better controlled. You should take GLUCOPHAGE or GLUCOPHAGE XR with meals.

Your doctor may have you take other medicines along with GLUCOPHAGE or GLUCOPHAGE XR to control your blood sugar. These medicines may include insulin shots. Taking GLUCOPHAGE or GLUCOPHAGE XR with insulin may help you better control your blood sugar while reducing the insulin dose and possibly reducing your weight.

Continue your exercise and diet program and test your blood sugar r while taking GLUCOPHAGE or GLUCOPHAGE XR. Your doctor will your diabetes and may perform blood tests on you from time to time t sure your kidneys and your liver are functioning normally. There is no e that GLUCOPHAGE (metformin hydrochloride tablets) or GLUCOPHA (metformin hydrochloride extended-release tablets) causes harm to the kidneys.

Tell your doctor if you

- have an illness that causes severe vomiting, diarrhea or fever, o drink a much lower amount of liquid than normal. These conditio lead to severe dehydration (loss of water in your body). You may stop taking GLUCOPHAGE or GLUCOPHAGE XR for a short time.
- plan to have surgery or an x-ray procedure with injection of dye (c agent). You may need to stop taking GLUCOPHAGE or GLUCOPHA for a short time.
- start to take other medicines or change how you take a m GLUCOPHAGE and GLUCOPHAGE XR can affect how well othe work, and some drugs can affect how well GLUCOPHAG GLUCOPHAGE XR work. Some medicines may cause high blood

What should I avoid while taking GLUCOPHAGE or GLUCOPHAGE

Do not drink a lot of alcoholic drinks while taking GLUCOPHA GLUCOPHAGE XR. This means you should not binge drink for short p and you should not drink a lot of alcohol on a regular basis. Alcoh increase the chance of getting lactic acidosis.

What are the side effects of GLUCOPHAGE and GLUCOPHAGE XR

Lactic Acidosis. **In rare cases, GLUCOPHAGE and GLUCOPHAGE X cause a serious side effect called lactic acidosis. This is caused by a b of lactic acid in your blood. This build-up can cause serious damage** acidosis caused by GLUCOPHAGE and GLUCOPHAGE XR is rare a occurred mostly in people whose kidneys were not working normally. Lac dosis has been reported in about one in 33,000 patients taking GLUCOP over the course of a year. Although rare, if lactic acidosis does occur, it can in up to half the people who develop it.

It is also important for your liver to be working normally when yo GLUCOPHAGE or GLUCOPHAGE XR. Your liver helps remove lactic ac your blood.

Make sure you tell your doctor before you use GLUCOPHA GLUCOPHAGE XR if you have kidney or liver problems. You should als **using GLUCOPHAGE or GLUCOPHAGE XR and call your doctor righ if you have signs of lactic acidosis. Lactic acidosis is a medical eme that must be treated in a hospital.**

Signs of lactic acidosis are:

- feeling very weak, tired, or uncomfortable
- unusual muscle pain
- trouble breathing
- unusual or unexpected stomach discomfort
- feeling cold
- feeling dizzy or lightheaded
- suddenly developing a slow or irregular heartbeat

If your medical condition suddenly changes, stop taking GLUCOPHA GLUCOPHAGE XR and call your doctor right away. This may be a sign tic acidosis or another serious side effect.

Other Side Effects. Common side effects of GLUCOPHAGE and GL PHAGE XR include diarrhea, nausea, and upset stomach. These side generally go away after you take the medicine for a while. Taking your me with meals can help reduce these side effects. Tell your doctor if th effects bother you a lot, last for more than a few weeks, come back they've gone away, or start later in therapy. You may need a lower dose o to stop taking the medicine for a short period or for good.

About 3 out of every 100 people who take GLUCOPHAGE or GLUCOP XR have an unpleasant metallic taste when they start taking the medic lasts for a short time.

GLUCOPHAGE and GLUCOPHAGE XR rarely cause hypoglycemia (low sugar) by themselves. However, hypoglycemia can happen if you do n enough, if you drink alcohol, or if you take other medicines to lower blood

General advice about prescription medicines

If you have questions or problems, talk with your doctor or other healt provider. You can ask your doctor or pharmacist for the information GLUCOPHAGE and GLUCOPHAGE XR that is written for health care p sionals. Medicines are sometimes prescribed for purposes other than listed in a patient information leaflet. Do not use GLUCOPHAG GLUCOPHAGE XR for a condition for which it was not prescribed. Do not your medicine with other people.

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NEW MOTORIZED MODEL NOW AVAILABLE!

make blank walls bloom

continued from page 108

Twin trellis panels hold twin columns of morning-glories on the tool shed in the *BH&G* Test Garden (*right*). We sized the panels to fill the bare parts of the wall. You can pick your own dimensions—just match them to the wall and to the vigor of the vine, as low as 5 feet for a modest climber like asarina, up to 8 feet for rampant vines like morning-glories. You can build taller panels, but bear in mind that you'll need a ladder and a friend to place and remove those trellises. For a long stretch of wall, make several panels and set them side by side.

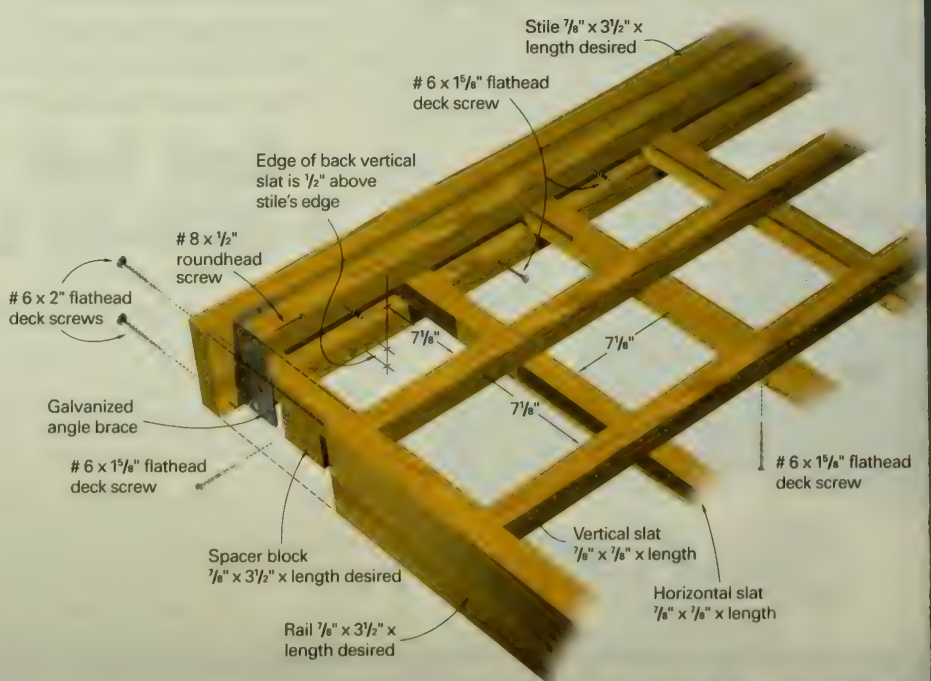
We hung our panels with screw eyes in the wall and clips in the top rails, and secured the bottom with stakes (*below left*). The trellis can be taken down easily by backing out the screws from the stakes and unsnapping the clips.

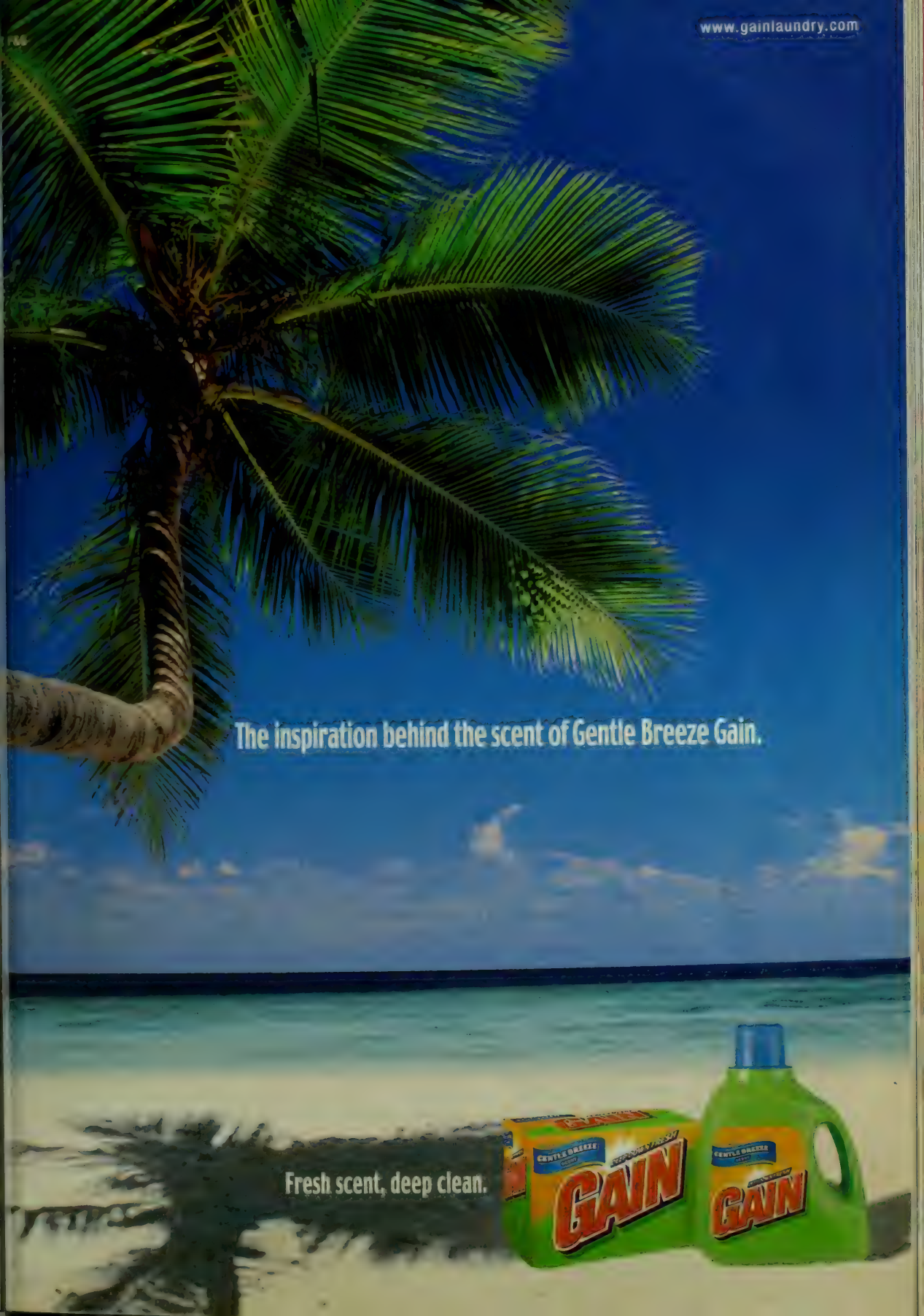
The bottom rails are a foot above ground level because most vines save their show for higher up. Be sure to help young vines find the trellis. New growth tends to flop on the ground. You may have to wait until a stem grows long enough, and then tie it loosely to the trellis. After that, the vine knows what to do.





Stake the trellis to keep it from flapping in the wind. A block of wood spares the stake from damage (*above*). Screw the stake to the panel. Note that the spacer keeps the panel plumb.




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editor's choice

A Seedy Character

The silver-blue petals of sea holly waft ethereally almost hip-high in the flower bed. And, most likely, you'll find it over in the border, near the foundation plantings, and maybe even in the vegetable garden. Because, although this ghostly giant is a biennial, the plant is more than generous in seeding. As well as flowering its second season and then—*pffft*—going toes up, sea holly actually multiplies. Sea holly seeds so reliably, in fact, that many seasoned gardeners are still convinced the plant is a perennial. Look, it comes back in the same spot year after year. You may think what you wish. We are quite accommodating in this corner of the garden.

Eryngium giganteum is sometimes said to be a bit thirstier than most border plantings. We have not found this to be the case, but if you are of a mind, give it an extra squirt in high summer. And some texts go so far as to say sea holly seedlings resist transplanting. Two things: 1) We have not found this to be the case. At all. And 2) What if it were? You transplant 20 gorgeous ghostly-gray plants and only 10 survive? You are still way ahead in our book. Oh, and while you're out transplanting, put three over by that too-big swath of large purple flowers, OK?

by Craig Summers Black

- **Light:** Full sun.
- **Hardiness:** To 25° below zero.
- **Growth habit:** 3 feet tall.
- **Bloom time:** Mid- to late summer.

continued on page 116

I LOST 68 POUNDS WITH TWINLAB'S METABOLIFT AND MADE CURTAINS WITH MY OLD CLOTHES.



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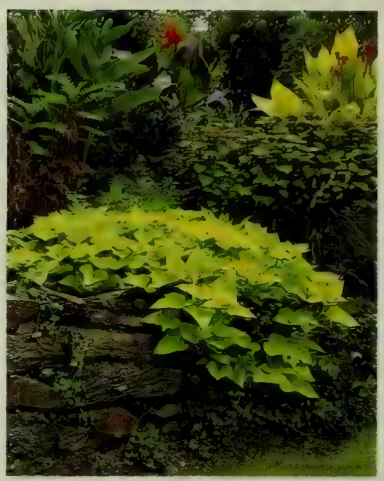
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continued from page 114

smart gardening

Potbound no longer

Only a couple years ago, it seems, the Margarita sweet potato vine was unleashed on the gardening world, and containers everywhere have since flashed with this iridescent spiller. But now the showy annual seems to have outgrown its terra-cotta homes and is turning up in cutting-edge landscapes in real dirt. Released from its pots, Margarita does that cascade thing quite nicely over raised beds and retaining walls. It even makes a dandy low-grower snaking along the front of the border. Put Margarita in the shadows, and it's like you lit a torch.



The Margarita sweet potato vine (*Ipomoea batatas* Margarita) is not limited to container use, as these wonderfully landscaped Pennsylvania gardens show.



test garden tip

Tip-top dressing



Mulching does do valiant battle with weeds and drought in your garden. But you don't have to buy bags and bags of the stuff or send off for a pickup truck filled with same. If you are a religious composter, you can just top-dress your beds and borders with the contents of your bin. If your compost has aged adequately, it will look just fine.

Buying information, page 228



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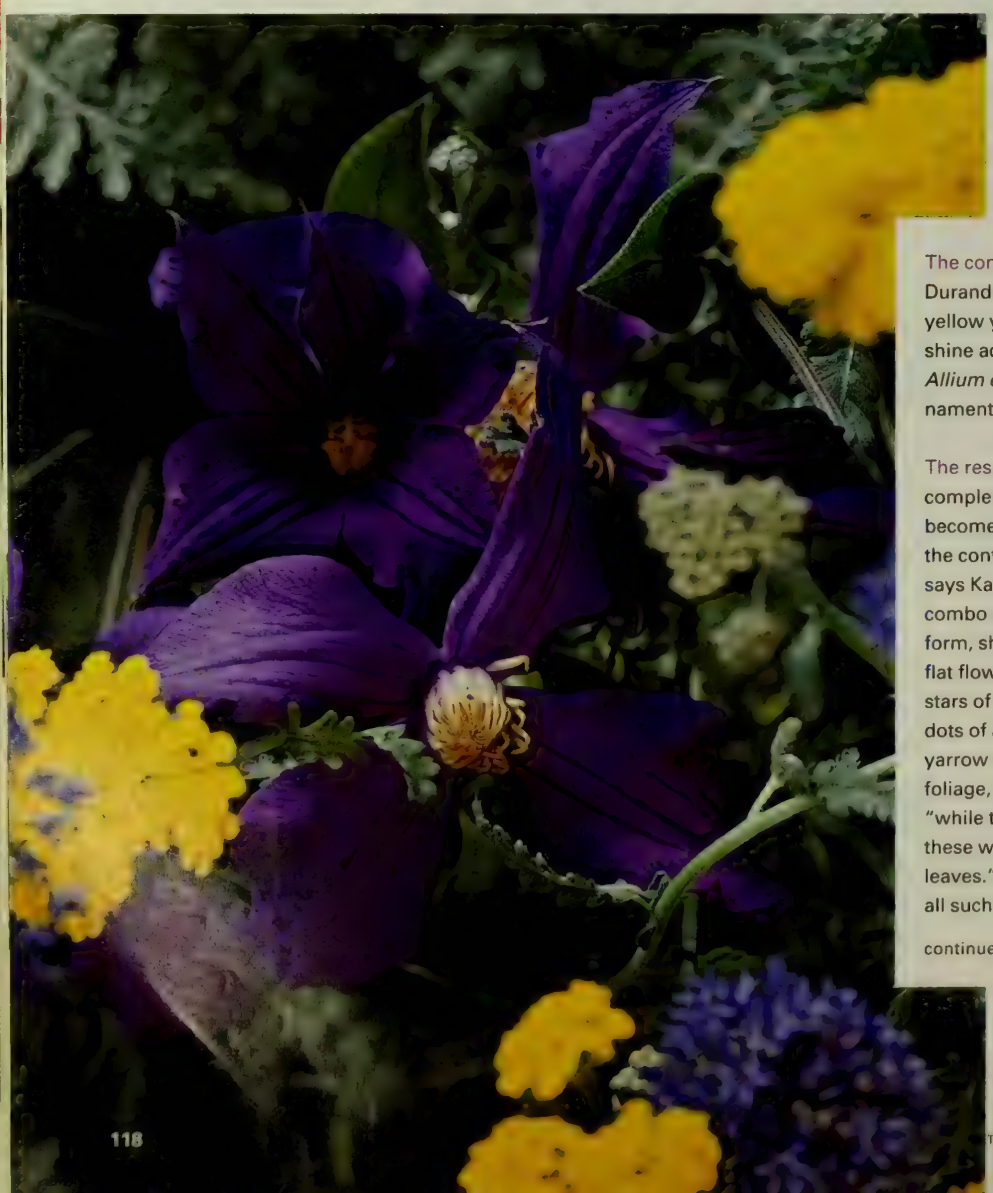
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by Craig Summers Black

Karen Strohbeen is an artist both in her rural Iowa studio and in the color-saturated landscape surrounding it. Here is how she combines perennials in her flower beds— her talented eye always gauging texture, silhouette, and, of course, color.

karen's carefree combos



The combination: A blue Durandii clematis vine; a yellow yarrow, Moonshine achillea; and blue *Allium caeruleum*, an ornamental onion.

The results: The range of complementary blues becomes stronger with the contrasting yellow, says Karen. But this combo is also a study in form, she says—yarrow's flat flower heads, the big stars of Durandii, and dots of allium. "And the yarrow has beautiful lacy foliage," she says, "while the clematis has these wonderfully big leaves." Bonus: "They're all such rugged plants."

continued on page 120



NASAL CONGESTION ITCHY NOSE

RUNNY NOSE SNEEZING

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BRIEF SUMMARY

SHAKE GENTLY BEFORE USE.

For Intranasal Use Only.

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: FLONASE Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients.

WARNINGS: The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude, and depression. Patients previously treated for prolonged periods with systemic corticosteroids and transferred to topical corticosteroids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic corticosteroid treatment, too rapid a decrease in systemic corticosteroids may cause a severe exacerbation of their symptoms.

The concomitant use of intranasal corticosteroids with other inhaled corticosteroids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the HPA axis.

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS:

General: Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the administration of FLONASE Nasal Spray. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of corticosteroids, including fluticasone propionate.

Use of excessive doses of corticosteroids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or reduction of growth velocity in children or teenagers. Physicians should closely follow the growth of children and adolescents taking corticosteroids, by any route, and weigh the benefits of corticosteroid therapy against the possibility of growth suppression if growth appears slowed.

Although systemic effects have been minimal with recommended doses of FLONASE Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of FLONASE Nasal Spray should be avoided.

When used at higher than recommended doses, or in rare individuals at recommended doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of FLONASE Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral corticosteroid therapy.

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with FLONASE Nasal Spray. Patients using FLONASE Nasal Spray over several months or longer should be examined periodically for evidence of *Candida* infection or other signs of adverse effects on the nasal mucosa.

FLONASE Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infection; untreated local or systemic fungal or bacterial, or systemic viral infections or parasitic infection; or ocular herpes simplex.

Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal corticosteroid until healing has occurred.

Information for Patients: Patients being treated with FLONASE Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use FLONASE Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with FLONASE Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of FLONASE Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the accompanying patient's instructions.

Drug Interactions: In a placebo-controlled, crossover study in eight healthy volunteers, coadministration of a single dose of orally inhaled fluticasone propionate (1000 mcg, 5 times the maximum daily intranasal dose) with multiple doses of ketoconazole (200 mg) to steady state resulted in increased mean fluticasone propionate concentrations, a reduction in plasma cortisol AUC, and no effect on urinary excretion of cortisol. This interaction may be due to an inhibition of the cytochrome P450 3A4 isoenzyme system by ketoconazole, which is also the route of metabolism of fluticasone propionate. No drug interaction studies have been conducted with FLONASE Nasal Spray; however, care should be exercised when fluticasone propionate is coadministered with long-term ketoconazole and other known cytochrome P450 3A4 inhibitors.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in mice at oral doses up to 1000 mcg/kg (approximately 20 times the maximum recommended daily intranasal dose in adults and approximately 10 times the maximum recommended daily intranasal dose in children on a mcg/m^2 basis) for 78 weeks or in rats at inhalation doses up to 57 mcg/kg (approximately 2 times the maximum recommended daily intranasal dose in adults and approximately equivalent to the maximum recommended daily intranasal dose in children on a mcg/m^2 basis) for 104 weeks.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells in vitro. No significant clastogenic effect was seen in cultured human peripheral lymphocytes in vitro or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow.

No evidence of impairment of fertility was observed in reproductive studies conducted in male and female rats at subcutaneous doses up to 50 mcg/kg (approximately 2 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). Prostate weight was significantly reduced at a subcutaneous dose of 50 mcg/kg.

Pregnancy: ***Teratogenic Effects:*** Pregnancy Category C. Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (approximately equivalent to and 4 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis, respectively) revealed fetal toxicity characteristic of potent corticosteroid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed at a subcutaneous dose of 4 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

However, no teratogenic effects were reported at oral doses up to 300 mcg/kg (approximately 25 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis) of fluticasone propionate to the rabbit. No fluticasone propionate was detected in the plasma in this study, consistent with the established low

bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of the full prescribing information).

Fluticasone propionate crossed the placenta following oral administration of 100 mcg/kg to rats or 300 mcg/kg to rabbits (approximately 4 and 25 times, respectively, the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Experience with oral corticosteroids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in corticosteroid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. When inhaled fluticasone propionate was administered to rats at a subcutaneous dose of 10 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), radioactivity was excreted in the milk. Because other corticosteroids are excreted in human milk, caution should be exercised when FLONASE Nasal Spray is administered to a nursing woman.

Pediatric Use: Five hundred (500) patients aged 4 to 11 years of age and 440 patients aged 12 to 17 years were studied in US clinical trials with fluticasone propionate nasal spray. The safety and effectiveness of FLONASE Nasal Spray in children below 4 years of age have not been established.

Oral and, to a less clear extent, inhaled and intranasal corticosteroids have been shown to have the potential to cause a reduction in growth velocity in children and adolescents with extended use. If a child or adolescent on any corticosteroid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of corticosteroids should be considered (see PRECAUTIONS).

Geriatric Use: A limited number of patients above 60 years of age (n =275) have been treated with FLONASE Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

ADVERSE REACTIONS: In controlled US studies, more than 3300 patients with seasonal allergic, perennial allergic, or perennial nonallergic rhinitis received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events; this rate was similar for vehicle placebo and active comparators.

Systemic corticosteroid side effects were not reported during controlled clinical studies up to 6 months' duration with FLONASE Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive, or taking FLONASE Nasal Spray in conjunction with administration of other corticosteroids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions (>3%, where incidence in fluticasone propionate-treated subjects exceeded placebo) is based upon seven controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4 to 11 years, 137 female and 234 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 2 to 4 weeks and two controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 6 months. Also included in the table are adverse events from two studies in which 167 children (45 girls and 122 boys aged 4 to 11 years) were treated with FLONASE Nasal Spray 100 mcg once daily for 2 to 4 weeks.

Overall Adverse Experiences With >3% Incidence on Fluticasone Propionate in Controlled Clinical Trials With FLONASE Nasal Spray in Patients ≥4 Years With Seasonal or Perennial Allergic Rhinitis

	Vehicle Placebo (n=758) %	FLONASE 100 mcg Once Daily (n=167) %	FLONASE 200 mcg Once Daily (n=782) %
Headache	14.6	6.6	16.1
Pharyngitis	7.2	6.0	7.8
Epistaxis	5.4	6.0	6.9
Nasal burning/ Nasal irritation	2.6	2.4	3.2
Nausea/vomiting	2.0	4.8	2.6
Asthma symptoms	2.9	7.2	3.3
Cough	2.8	3.6	3.8

Other adverse events that occurred in ≤3% but ≥1% of patients and that were more common with fluticasone propionate (with uncertain relationship to treatment) included: blood in nasal mucus, runny nose, abdominal pain, diarrhea, fever, flu-like symptoms, aches and pains, dizziness, bronchitis.

Observed During Clinical Practice: In addition to adverse events reported from clinical trials, the following events have been identified during postapproval use of fluticasone propionate in clinical practice. Because they are reported voluntarily from a population of unknown size, estimates of frequency cannot be made. These events have been chosen for inclusion due to either their seriousness, frequency of reporting, causal connection to fluticasone propionate, occurrence during clinical trials, or a combination of these factors.

General: Hypersensitivity reactions, including angioedema, skin rash, edema of the face and tongue, pruritus, urticaria, bronchospasm, wheezing, dyspnea, and anaphylaxis/anaphylactoid reactions, which in rare instances were severe.

Ear, Nose, and Throat: Alteration or loss of sense of taste and/or smell and, rarely, nasal septal perforation, nasal ulcer, sore throat, throat irritation and dryness, cough, hoarseness, and voice changes.

Eye: Dryness and irritation, conjunctivitis, blurred vision, glaucoma, increased intraocular pressure, and cataracts.

OVERDOSAGE: Chronic overdosage with FLONASE Nasal Spray may result in signs/symptoms of hypercorticism (see PRECAUTIONS). Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since one bottle of FLONASE Nasal Spray contains approximately 8 mg of fluticasone propionate.

The oral and subcutaneous median lethal doses in mice and rats were >1000 mg/kg (>20000 and >41000 times, respectively, the maximum recommended daily intranasal dose in adults and >10000 and >20000 times, respectively, the maximum recommended daily intranasal dose in children on a mg/m^2 basis).

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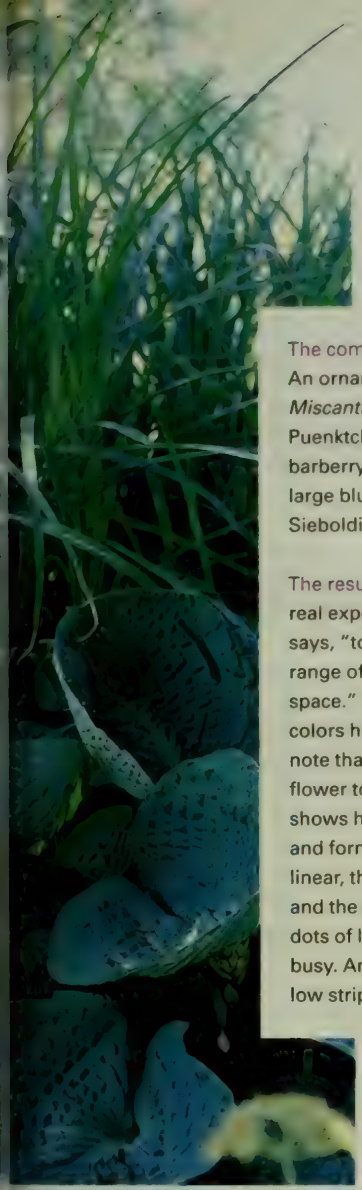


Karen's Carefree Combos

continued from page 118

Karen Strohbeen positivel demystifies the sometimes shroude art of combining perennials. "Mostl you should please yourself," she says She suggests you take a relaxin stroll through your yard and gathe garden material to make som bouquets. The flowers and foliag that you arrange in a vase are mos likely the best ways to arrange you plantings as well, says Karen, a exuberant artist and host of publi television's *The Perennial Gardener*.

Yes, pay attention to shape an form, she says, and, yes, plant i layers. And by all means, plant a



The combination: An ornamental grass, *Miscanthus sinensis* Puenktchen; a gold barberry bush; and a large blue-leafed hosta, Sieboldiana Elegans.

The results: "This was a real experiment," Karen says, "to have a big range of greens in one space." There are lots of colors here, but you'll note that there is not a flower to be found. "This shows how great shape and form is. The grass is linear, the hosta solid, and the barberry's little dots of leaves are very busy. And look at the yellow stripes in the grass."

densely as possible. You've probably heard this before, perhaps in more highfalutin language. But Karen says The Big Rule is to be open to possibilities, to take chances, to inject some personality—some whimsy even—into your garden. Karen's free-flowing island beds run the gamut from relaxed to high drama. But tucked away in a corner rests a flock of shocking-pink flamingos. And why not? "I haven't done the gazing balls thing yet, but I'm working up to it," she says. But not one mirrored ball, she says. "Maybe 20. That sounds like more fun."

continued on page 122



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Karen's Carefree Combos

continued from page 121





The combination: A pink Betty Prior rose; a dwarf baby's-breath, *Gypsophila paniculata* Compacta; and *Allium caeruleum*.

The results: "Little dots and big dots," says Karen. "The baby's breath gives you atmosphere. And I like the way Betty Prior is not stiff. It blooms for a long time, too, and the flowers' color changes as they mature, so you have a whole range of dark reds to pale pinks." And that allium? "It's just a perfect plant. It's a true blue, and unlike most perennial flowers, it has such strong shape and form. It goes with anything. It makes other plants look better."

continued on page 124



Geez, I could stand to lose a few pounds, thought Maxine.

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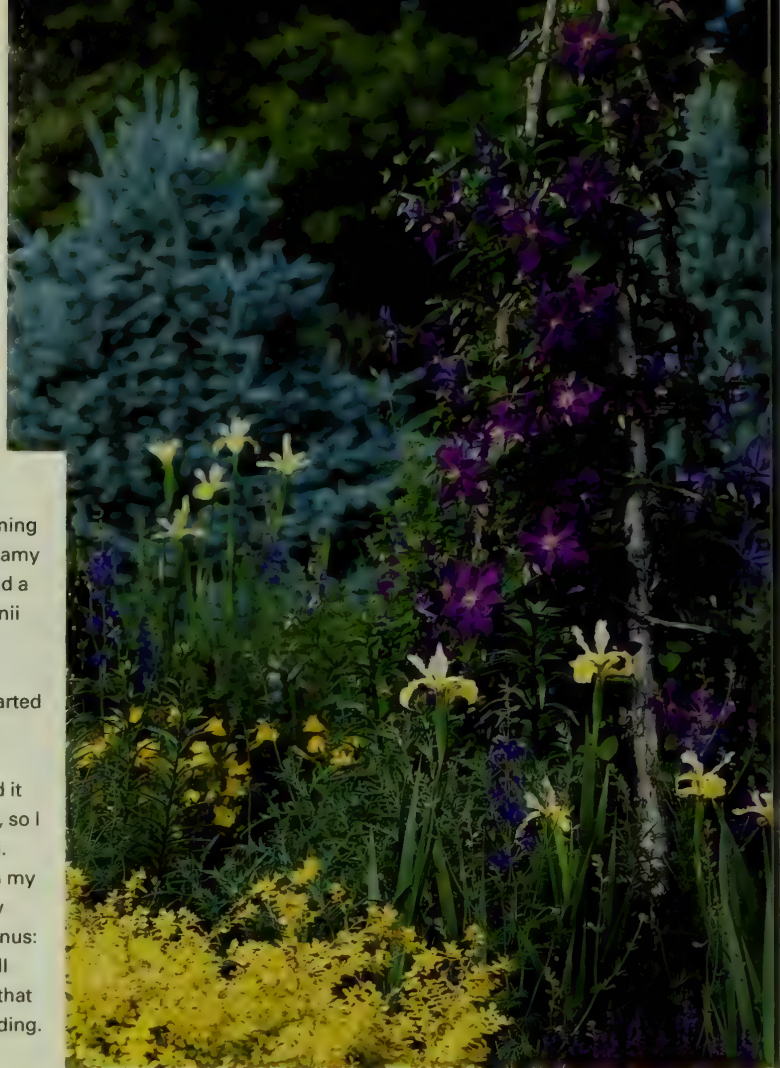


Contact us at www.iams.com or 1-800-525-4267

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Karen's Carefree Combos

continued from page 122



The combination: A short yellow reblooming daylily, Bitsy; the creamy yellow *Iris spuria*; and a deep purple Jackmanii clematis vine.

The results: "This started out as a yellow and white garden," says Karen, "but I decided it needed some punch, so I added the Jackmanii. I like to put towers in my garden so I can grow climbing plants." Bonus: "Bitsy has such small flowers for a daylily that it needs no deadheading. At least, I never deadhead it, and it contributes the whole season."



The combination: A yellow David Austin rose, The Pilgrim; a yellow yarrow, *Achillea* Anthea; and fuzzy silver lamb's-ears, *Stachys* Big Ears.

The result: "This combination was to feel calm and fresh, with the yarrow for contrast in flower form," Karen says. "Anything next to gray makes the other plant more what it is—stronger, more contrasty. And lamb's ears look so good at the edge of a garden. It's a very good frame."

continued on page 126

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Karen's Carefree Combos

continued from page 124



The combination: A chartreuse arborvitae; a pink clematis, Comtesse de Bouchaud; and a purple smokebush.

The results: "This is fun," says Karen. "We're using the tree as a clematis tower. The vine is planted a foot away from the evergreen, and we tie it up in the early spring, but then it climbs all by itself. The pink color of the clematis was to take advantage of the smokebush color as the sun hits it and just lights it up."

Buying information, page 2

To order plants, see page 130

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BRIEF SUMMARY (For full Prescribing Information, see package insert.)
INDICATIONS AND USAGE NASONEX Nasal Spray, 50 mcg is indicated for the treatment of the nasal symptoms of seasonal allergic and perennial allergic rhinitis, in adults and pediatric patients 3 years of age and older. NASONEX Nasal Spray, 50 mcg is indicated for the prophylaxis of the nasal symptoms of seasonal allergic rhinitis in adult and adolescent patients 12 years and older. In patients with a known seasonal allergen that precipitates nasal symptoms of seasonal allergic rhinitis, initiation of prophylaxis with NASONEX Nasal Spray, 50 mcg is recommended 2 to 4 weeks prior to the anticipated start of the pollen season. Safety and effectiveness of NASONEX Nasal Spray, 50 mcg in pediatric patients less than 3 years of age have not been established.
CONTRAINDICATIONS Hypersensitivity to any of the ingredients of this preparation contraindicates its use.
WARNINGS The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency and, in addition, some patients may experience symptoms of withdrawal; ie, joint and/or muscular pain, lassitude, and depression. Careful attention must be given when patients previously treated for prolonged periods with systemic corticosteroids are transferred to topical corticosteroids, with careful monitoring for acute adrenal insufficiency in response to stress. This is particularly important in those patients who have associated asthma or other clinical conditions where too rapid a decrease in systemic corticosteroid dosing may cause a severe exacerbation of their symptoms.

If recommended doses of intranasal corticosteroids are exceeded or if individuals are particularly sensitive or predisposed by virtue of recent systemic steroid therapy, symptoms of hypercorticism may occur, including very rare cases of menstrual irregularities, acneiform lesions, and cushingoid features. If such changes occur, topical corticosteroids should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Persons who are on drugs which suppress the immune system are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in nonimmune children or adults on corticosteroids. In such children or adults who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.
PRECAUTIONS General: Intranasal corticosteroids may cause a reduction in growth velocity when administered to pediatric patients (see **PRECAUTIONS, Pediatric Use** section). In clinical studies with NASONEX Nasal Spray, 50 mcg, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, use of NASONEX Nasal Spray, 50 mcg should be discontinued and appropriate local or systemic therapy instituted, if needed.

Nasal corticosteroids should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract, or in untreated fungal, bacterial, systemic viral infections, or ocular herpes simplex.

Rarely, immediate hypersensitivity reactions may occur after the intranasal administration of mometasone furoate monohydrate. Extreme rare instances of wheezing have been reported.

Rare instances of nasal septum perforation and increased intraocular pressure have also been reported following the intranasal application of aerosolized corticosteroids. As with any long-term topical treatment of the nasal cavity, patients using NASONEX Nasal Spray, 50 mcg over several months or longer should be examined periodically for possible changes in the nasal mucosa.

Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent nasal septum ulcers, nasal surgery, or nasal trauma should not use a nasal corticosteroid until healing has occurred.

Glaucoma and cataract formation was evaluated in one controlled study of 12 weeks' duration and one uncontrolled study of 12 months' duration in patients treated with NASONEX Nasal Spray, 50 mcg at 200 mcg/day, using intraocular pressure measurements and slit lamp examination. No significant change from baseline was noted in the mean intraocular pressure measurements for the 141 NASONEX-treated patients in the 12-week study, as compared with 141 placebo-treated patients. No individual NASONEX-treated patient was noted to have developed a significant elevation in intraocular pressure or cataracts in this 12-week study. Likewise, no significant change from baseline was noted in the mean intraocular pressure measurements for the 139 NASONEX-treated patients in the 12-month study and again, no cataracts were detected in these patients. Nonetheless, nasal and inhaled corticosteroids have been associated with the development of glaucoma and/or cataracts. Therefore, close follow-up is warranted in patients with a change in vision and with a history of glaucoma and/or cataracts.

When nasal corticosteroids are used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, NASONEX Nasal Spray, 50 mcg should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Information for Patients: Patients being treated with NASONEX Nasal Spray, 50 mcg should be given the following information and instructions. This information is intended to aid in the safe and effective use of this medication. It is not a disclosure of all intended or possible adverse effects. Patients should use NASONEX Nasal Spray, 50 mcg at regular intervals (once daily) since its effectiveness depends on regular use. Improvement in nasal symptoms of allergic rhinitis has been shown to occur within 11 hours after the first dose based on one single-dose, parallel-group study of patients in an outdoor "park" setting (park study) and one environmental exposure unit (EEU) study and within 2 days after the first dose in two randomized, double-blind, placebo-controlled, parallel-group seasonal allergic rhinitis studies. Maximum benefit is usually achieved within 1 to 2 weeks after initiation of dosing. Patients should take the medication as directed and should not increase the prescribed dosage by using it more than once a day in an attempt to increase its effectiveness. Patients should contact their physician if symptoms do not improve, or if the condition worsens. To assure proper use of this nasal spray, and to attain maximum benefit, patients should read and follow the accompanying Patient's Instructions for Use carefully.

Patients should be cautioned not to spray NASONEX Nasal Spray, 50 mcg into the eyes or directly onto the nasal septum.

Persons who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles, and patients should also be advised that if they are exposed, medical advice should be sought without delay.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In a 2-year carcinogenicity study of Sprague Dawley rats, mometasone furoate demonstrated no statistically significant increase of tumors at inhalation doses up to 67 mcg/kg (approximately 3 and 2 times the maximum recommended daily intranasal dose in adults and children, respectively, on a mcg/m^2 basis). In a 19-month carcinogenicity study of Swiss CD-1 mice, mometasone furoate demonstrated no statistically significant increase in the incidence of tumors at inhalation doses up to 160 mcg/kg (approximately 4 and 3 times the maximum recommended daily intranasal dose in adults and children, respectively, on a mcg/m^2 basis).

At cytotoxic doses, mometasone furoate produced an increase in chromosome aberrations *in vitro* in Chinese hamster ovary-cell cultures in the nonactivation phase, but not in the presence of rat liver S9 fraction. Mometasone furoate was not mutagenic in the mouse-lymphoma assay and the *Salmonella/E. coli*/mammalian microsome mutation assay, a Chinese hamster lung cell (CHL) chromosomal-aberrations assay, an *in vivo* mouse bone-marrow erythrocyte-micronucleus assay, a rat bone-marrow clastogenicity assay, and the mouse male germ-cell clastogenicity assay. Mometasone furoate also did not induce unscheduled DNA synthesis *in vivo* in rat hepatocytes.

In reproductive studies in rats, impairment of fertility was not produced by subcutaneous doses up to 15 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). However, mometasone furoate caused prolonged gestation, prolonged and difficult labor, reduced offspring survival, and reduced maternal body weight gain at a dose of 15 mcg/kg.

Pregnancy: *Teratogenic Effects*: *Pregnancy Category C*: Mometasone furoate caused cleft palate in mice at subcutaneous doses of 60 mcg/kg and above (approximately 2 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). Offspring survival was reduced in the 180-mcg/kg group (approximately 4 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). No such effects were observed at 20 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

In rabbits, mometasone furoate caused flexed front paws at a topical dermal dose of 150 mcg/kg (approximately 14 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

In rats, mometasone furoate produced umbilical hernia, cleft palate, and delayed ossification at a topical dermal dose of 600 mcg/kg (approximately 30 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). At 1200 mcg/kg (approximately 60 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), microphthalmia, umbilical hernias, and delayed ossification were observed in rat pups.

In these developmental studies, there were also reductions in maternal body weight gain and effects on fetal growth (lower fetal body weights and/or delayed ossification) in mice (60 and 180 mcg/kg), rabbits (150 mcg/kg), and rats (600 mcg/kg).

In an oral developmental study in rabbits, at 700 mcg/kg, (approximately 70 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), increased incidences of resorptions and malformations, including cleft palate and/or head malformations (hydrocephaly or domed head) were observed. Pregnancy failure was observed in most rabbits at 2800 mcg/kg (approximately 270 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

There are no adequate and well-controlled studies in pregnant women. NASONEX Nasal Spray, 50 mcg, like other corticosteroids, should be used during pregnancy only if the potential benefits justify the potential risk to the fetus. Experience with oral corticosteroids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in corticosteroid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy.

Nonteratogenic Effects: Hypoadrenalism may occur in infants born to women receiving corticosteroids during pregnancy. Such infants should be carefully monitored.

Nursing Mothers: It is not known if mometasone furoate is excreted in human milk. Because other corticosteroids are excreted in human milk, caution should be used when NASONEX Nasal Spray, 50 mcg is administered to nursing women.

Pediatric Use: Controlled clinical studies have shown intranasal corticosteroids may cause a reduction in growth velocity in pediatric patients. This effect has been observed in the absence of laboratory evidence of hypothalamic-pituitary-adrenal (HPA) axis suppression, suggesting that growth velocity is a more sensitive indicator of systemic corticosteroid exposure in pediatric patients than some commonly used tests of HPA axis function. The long-term effects of this reduction in growth velocity associated with intranasal corticosteroids, including the impact on final adult height, are unknown. The potential for "catch up" growth following discontinuation of treatment with intranasal corticosteroids has not been adequately studied. The growth of pediatric patients receiving intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg should be monitored routinely (eg, via stadiometry). The potential growth effects of prolonged treatment should be weighed against clinical benefits obtained and the availability of safe and effective noncorticosteroid treatment alternatives. To minimize the systemic effects of intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg, each patient should be titrated to his/her lowest effective dose.

Seven hundred and twenty (720) patients 3 to 11 years of age were treated with mometasone furoate nasal spray, 50 mcg (100 mcg to dose) in controlled clinical trials. Safety and effectiveness in children than 3 years of age have not been established.

A clinical study has been conducted for one year in pediatric (ages 3 to 9 years) to assess the effect of NASONEX Nasal Spray (100 mcg total daily dose) on growth velocity. No statistically effect on growth velocity was observed for NASONEX Nasal Spray, compared to placebo. No evidence of clinically relevant HPA axis sion was observed following a 30-minute Cosyntropin infusion.

The potential of NASONEX Nasal Spray to cause growth suppre susceptible patients or when given at higher doses cannot be rulec

Geriatric Use: A total of 203 patients above 64 years of age (age to 85 years) have been treated with NASONEX Nasal Spray, 50 mc to 3 months. The adverse reactions reported in this population wer in type and incidence to those reported by younger patients.

ADVERSE REACTIONS In controlled US and International clinical t total of 3210 adult and adolescent patients aged 12 years and older treatment with NASONEX Nasal Spray, 50 mcg at doses of 50 mcg/day. The majority of patients (n = 2103) were treated w mcg/day. In controlled US and International studies, a total of 990 patients (ages 3 to 11 years) received treatment with NASONEX, 50 doses of 25 to 200 mcg/day. The majority of pediatric patients (72 treated with 100 mcg/day. A total of 513 adult, adolescent, and patients have been treated for 1 year or longer. The overall incid adverse events for patients treated with NASONEX Nasal Spray, 50 m comparable to patients treated with the vehicle placebo. Also events did not differ significantly based on age, sex, or race. Three or less of patients in clinical trials discontinued treatment bec adverse events; this rate was similar for the vehicle and active comp

All adverse events (regardless of relationship to treatment) repo 5% or more of adult and adolescent patients aged 12 years and old received NASONEX Nasal Spray, 50 mcg, 200 mcg/day and by p patients ages 3 to 11 years who received NASONEX Nasal Spray, 5 100 mcg/day in clinical trials vs placebo and that were more comm NASONEX Nasal Spray, 50 mcg than placebo, are displayed in t below.

ADVERSE EVENTS FROM CONTROLLED CLINICAL TRIALS I SEASONAL ALLERGIC AND PERENNIAL ALLERGIC RHINITI (PERCENT OF PATIENTS REPORTING)

	Adult and Adolescent Patients 12 years and older		Pediatric Patien Ages 3 to 11 ye	
	NASONEX 200 mcg (N = 2103)	VEHICLE PLACEBO (N = 1671)	NASONEX 100 mcg (N = 374)	VEH PLA (N =
Headache	26	22	17	1
Viral Infection	14	11	8	
Pharyngitis	12	10	10	1
Epistaxis/Blood-Tinged Mucus	11	6	8	
Coughing	7	6	13	1
Upper Respiratory Tract Infection	6	2	5	
Dysmenorrhea	5	3	1	
Musculoskeletal Pain	5	3	1	
Sinusitis	5	3	4	
Vomiting	1	1	5	

Other adverse events which occurred in less than 5% but greater t equal to 2% of mometasone furoate adult and adolescent patients 12 years and older) treated with 200-mcg doses (regardless of relati to treatment), and more frequently than in the placebo group inc arthralgia, asthma, bronchitis, chest pain, conjunctivitis, diarrhea, d sia, earache, flu-like symptoms, myalgia, nausea, and rhinitis.

Other adverse events which occurred in less than 5% but greater o to 2% of mometasone furoate pediatric patients aged 3 to 11 years with 100-mcg doses vs placebo (regardless of relationship to trea and more frequently than in the placebo group included: diarrhea, nas tation, otitis media, and wheezing.

Rare cases of nasal ulcers and nasal and oral candidiasis were reported in patients treated with NASONEX Nasal Spray, 50 mcg, pr in patients treated for longer than 4 weeks.

In postmarketing surveillance of this product, cases of nasal burni irritation and rare cases of nasal septal perforation have been reports

OVERDOSAGE There are no data available on the effects of acute or c overdosage with NASONEX Nasal Spray, 50 mcg. Because of low sy bioavailability and an absence of acute drug-related systemic findi clinical studies, overdose is unlikely to require any therapy other than vation. Intranasal administration of 1600 mcg (8 times the recomm dose of NASONEX Nasal Spray, 50 mcg) daily for 29 days, to healthy volunteers, was well tolerated with no increased incidence of a events. Single intranasal doses up to 4000 mcg have been studied in volunteers with no adverse effects reported. Single oral doses up t mcg have been studied in human volunteers with no adverse reported. Chronic overdosage with any corticosteroid may result in s symptoms of hypercorticism (see **PRECAUTIONS**). Acute overdosag this dosage form is unlikely since one bottle of NASONEX Nasal Spr mcg contains approximately 8500 mcg of mometasone furoate.

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Clematis, Yarrow, and Onion Combo (*p. 118*) After the last frost in your area (March 15 to June 15, 2001), we ship 2 Durandii clematis (each 4 to 6 inches tall) and 6 Moonshine achillea (each 3 inches tall). Plants are shipped in pots with a planting diagram. In the fall (September 15 to November 15), we ship 25 *Allium caeruleum azureum* bulbs for the garden. When mature, the garden measures 15 to 20 square feet.

Grass, Barberry, and Hosta Combo (*p. 120–121*) After the last frost in your area (March 15 to June 15, 2001), we ship 3 *Miscanthus sinensis* Puenktchen (each 3 inches tall), 1 Golden Barberry (15 inches tall), and 2 Sieboldiana Elegans hosta (bareroot). Plants, except hostas, are shipped in pots. A planting diagram is included. The garden matures to 20 to 25 square feet.

Roses, Baby's-Breath, and Onion Combo (*p. 122*) After the last frost in your area (March 15 to June 15, 2001), we ship 2 Betty Prior rose (bareroot) and 3 *Gysophila paniculata* Compacta (each 3 inches tall). Baby's-breath is shipped in pots. A planting diagram is included. In the fall (September 15 to November 15), we ship 25 *Allium caeruleum azureum* bulbs. The garden is 20 to 25 square feet when mature.

Daylily, Iris, and Clematis Combo (*p. 124*) After the last frost in your area (March 15 to June 15, 2001), we ship 1 Jackmanii clematis (4 to 6 inches tall) and 2 *Hemerocallis* Bitsy (fans, each about 4 inches long). The clematis is shipped in a pot. A planting diagram for the garden is included. In the fall (September 15 to November 15), we ship you 9 *Iris spuria* to tuck into the established garden. When mature, the garden measures approximately 15 to 20 square feet.

Roses, Yarrow, and Lamb's-Ears Combo (*p. 124*) After the last frost in your area (March 15 to June 15, 2001), we ship 2 The Pilgrim roses (bareroot), 3 *Achillea* Anthea (each 3 inches tall), and 4 *Stachys* Big Ears (each 3 inches tall). Plants are shipped in pots. A planting diagram is included. When mature, the garden measures about 25 to 30 square feet.

Arborvitae, Clematis, and Smokebush Combo (*p. 126*) After the last frost in your area (March 15 to June 15, 2001), we ship you 1 arborvitae (12 to 18 inches tall), 1 Comtesse de Bouchaud clematis (about 4 inches tall), and 1 *Cotinus* (12 to 18 inches tall). All plants are shipped in pots. A planting diagram is included. When mature, the garden measures about 25 to 30 square feet.



Garden Days Journal is an imaginative illustrated and inspiring book by Kar Strohbeen. Features include origin artwork and words of inspiration fro Karen; grid pages for garden desig sketches, and photos; space to ma notes; and "tickler" lists for futu needs. Karen's relaxed, reflectiv practical, and passionate approa inspires you throughout. The 176-pa hardcover journal features a hidd spiral binding that folds to become easel—handy when toted to the garde The price is $29.95, which includ shipping, handling, and tax.

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top 10

easy roses

by Craig Summers Black

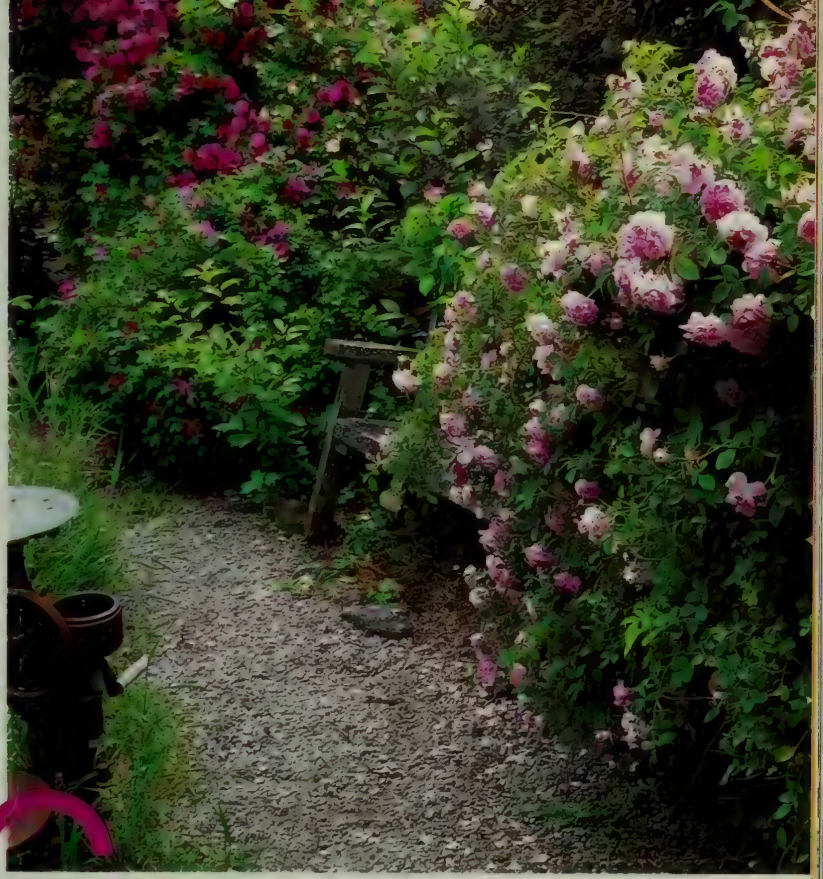
Bad luck with roses? Maybe it's not you. Maybe it's the roses. If you grow old—and tough-as-nails old-fashioned—roses, however, you can just about plant them and forget them. The only thing you *do* have to do is stand back to give them room to flower.



1) Variety name:
John Cabot
Height:
8 to 10 feet
Bloom:
Repeats

Rosarian extraordinaire Gerry Krueger grows this fragrant climber up an arbor in her Spokane, Washington, garden.





Gerry Krueger wants you to know that if she can grow gorgeous roses in her beleaguered garden, you can surely grow them in your less-challenged landscape. She also wants you to know this: "I use no pesticides, I use no fungicides, I use no fertilizer, I never water them, and I give them no winter protection."

What? Roses upon roses with no muss, no fuss, and no fumigation? Yes, these classic roses may look dreamy, but they're tough. And rugged though they may be, old roses have a some bonuses, says Gerry—"their unique beauty and marvelous fragrance."

2) Blush Hip (*above, right*)
Height: 10 feet
Blooms: Once

Gerry says: "No contest! This is my favorite rose. If I could have only one rose, this would be it."

When Gerry moved 22 years ago to the high arid prairie outside of Spokane and near Idaho, "I started with hybrid tea roses, but they all—except one—promptly died. It didn't take me long to figure out that hybrid teas aren't my cup of tea. They are such a pain in the...well...you can say elbow. Then my mother gave me a start, a 6-inch plant, of an old rose from my grandfather's farm. I stuck it up against the barn and now it's growing *over* the barn."

Today, Gerry has about 500 rosebushes with almost 300 varieties in her 2-acre garden. And they are almost *all* old garden roses. "I grow them," she says, "because they like me."

3) Henri Martin
(*right*)
Height: 5 feet
Blooms: Once

Gerry says: "This rose will tolerate a great amount of shade. And it's very fragrant."



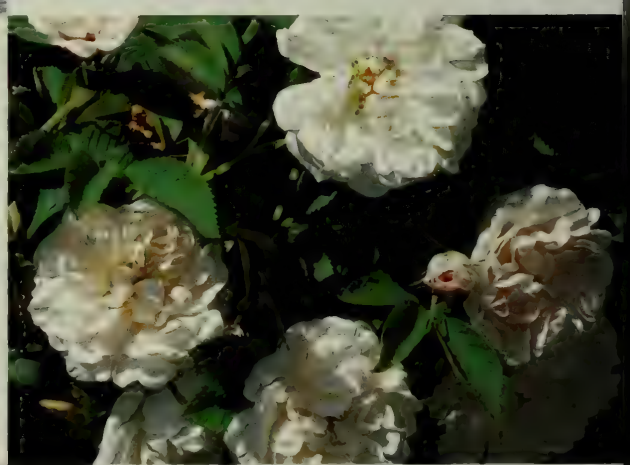


4) Celsiana
(*left and opposite*)
Height: 5 feet
Blooms: Once

Gerry says: "You have to be careful where you plant it because its scent is intense, almost overpowering."

5) Alba Maxima
(*right*)
Height: 6 feet
Blooms: Once

Gerry says: "Maxima loves the North. It needs a hard, cold dormant period and does not do well down South."





6) Climbing
American Beauty
(*left*)
Height:
12 to 15 feet
Blooms: Once

Gerry says: "This is Grandpa's rose, the one that started my quest for other tough roses."



Just What Are Old Roses?

"Old roses" are just that—heritage, or heirloom, roses with a history that goes back before the development of the fungicides and insecticides usually necessary to sustain modern hybrid teas. There were no chemical injections to give these roses 100 or more years ago, and there is no need to give them any now.

Many old roses grow much larger than modern roses, and a good many of them bloom only once a year for a few weeks—but in a profusion of flowers unknown in newer varieties.

If a rosebush out of flower seems ho-hum to you, do what Gerry does: Grow a clematis or honeysuckle on and over it. The vines bloom when the roses quit. And if some of these bushy sizes seem too much for your yard, says Gerry, "Any yard can take a climber."



top 10

7) Yolande d'Aragon (*left*)
Height: 4 feet
Bloom: Repeats

Gerry says: "Its hug voluptuous blooms would not be over-whelmed even if in corsage worn by Mae West—or, now Anna Nicole Smith.

8) Robert le Diable (*right*)
Height: 3 to 4 feet
Blooms: Once

Gerry says: "This rose earns a top rating due to its marvelous color transformation. It opens a deep cerise and turns through various shades of mauve to deep purple. In full bloom, it garners up images of beautifull mellowed old Persian carpets."

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With help from designer Karen Kirk (*above, right*), Arleen Rotchin turned up the style heat on her Florida home's cool contemporary scheme.

by Kristine Kennedy

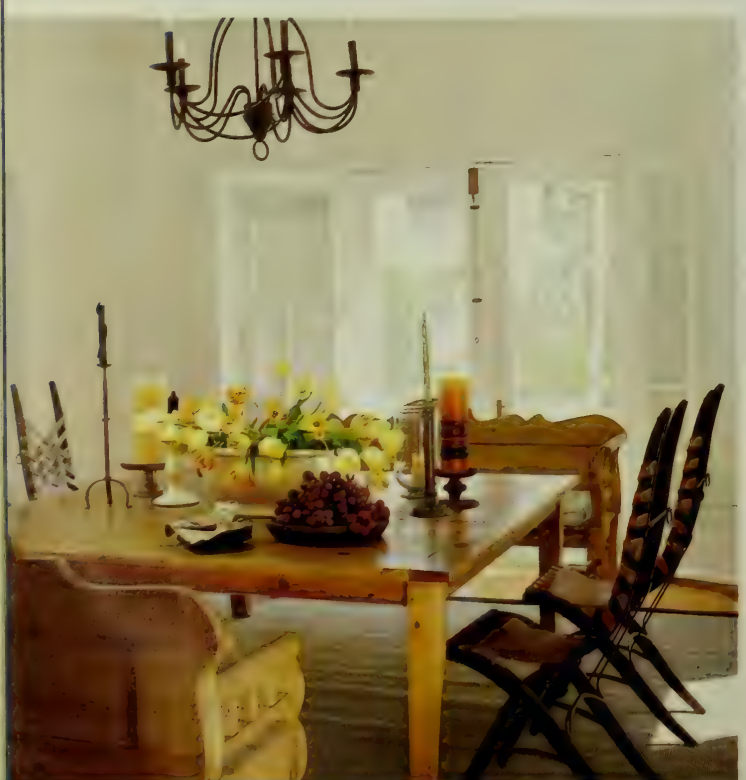


sunshine state

If contemporary decorating sends a shiver up your traditionalist spine, then this friendly Florida home should put you in a warmer state of mind. Airy rooms, abundant windows, and year-round sun aren't its only assets. Arleen Rotchin (*above*, left) combined classic and exotic furnishings with a minimalist black-and-white palette to create an updated take on "cottage"—Palm Beach style.

An eclectic furniture mix takes center stage in the dining room (*below*). A square pine table is buttressed by an old French country-style bench plus another bench built to resemble the antique. The eye-catchers, however, are four leather-strap dining chairs from South America.

"Dress to impress" is the order of the day for homes in this see-and-be-seen resort community. But Arleen Rotchin of Quebec, Canada, was looking to please only herself when she bought her 1926 stucco Palm Beach vacation house. Casual with an artistic bent, Arleen gave designer Karen Kirk a list of must-haves: shabby-style furniture, Arleen's father's art, and Arleen's photography. Must-nots: color, froufrou curtains, and wallpaper. In the living room (*right*), they kept the space spare yet invitingly soft. The slipcover-look seats are upholstered in a tone-on-tone off-white stripe. Throughout the home, off-white walls and wood floors add warmth.





In the living room, upholstery the color of French vanilla ice cream mellows the bright starkness of milky white walls.



With its sunny garden view, the breakfast room seemed just the right spot for a sprinkling of eye-opening color.





When Arleen first saw her house, it had languished on the market for four years. Formerly a rooming house, the space had been chopped up into multiple bedrooms and bathrooms and two kitchens. On the plus side, the house had retained its original architectural details. "It was still in its virgin state," she says. "It had its high ceilings and beautiful rooms." To make the first floor work better for her, Arleen created a breakfast room (*left*) where a bedroom and bath had been. Double sets of French doors leading to the outside take maximum advantage of the bright Florida light and lush garden view. For furnishings, Karen found a new breakfast table with a lazy Susan and a distressed paint finish. Wicker chairs surround the table, adding warmth through texture.

Arleen, who is apt to eat her meals standing up at the kitchen counter, saw no need for a high-tech kitchen renovation. The kitchen's basic layout and appliances remained the same, but a couple of furniture pieces were added to allow for more work surface.

It was a pleasant surprise to find wood countertops (*above*) beneath ugly green marble laminate. In the kitchen's center, a new table that rises to countertop height serves as an island. In the long butler's pantry, a custom-made sideboard has the appearance of an antique.



Karen enhanced a plain wall with rustic-looking cabinetry of her own design (*above*). The window seat is flanked by closed cabinetry (on the left) for the TV and open shelves (on the right) for displaying Arleen's art collection. The off-white stripe used on the downstairs upholstery is repeated on the duvet cover and seat cushion.

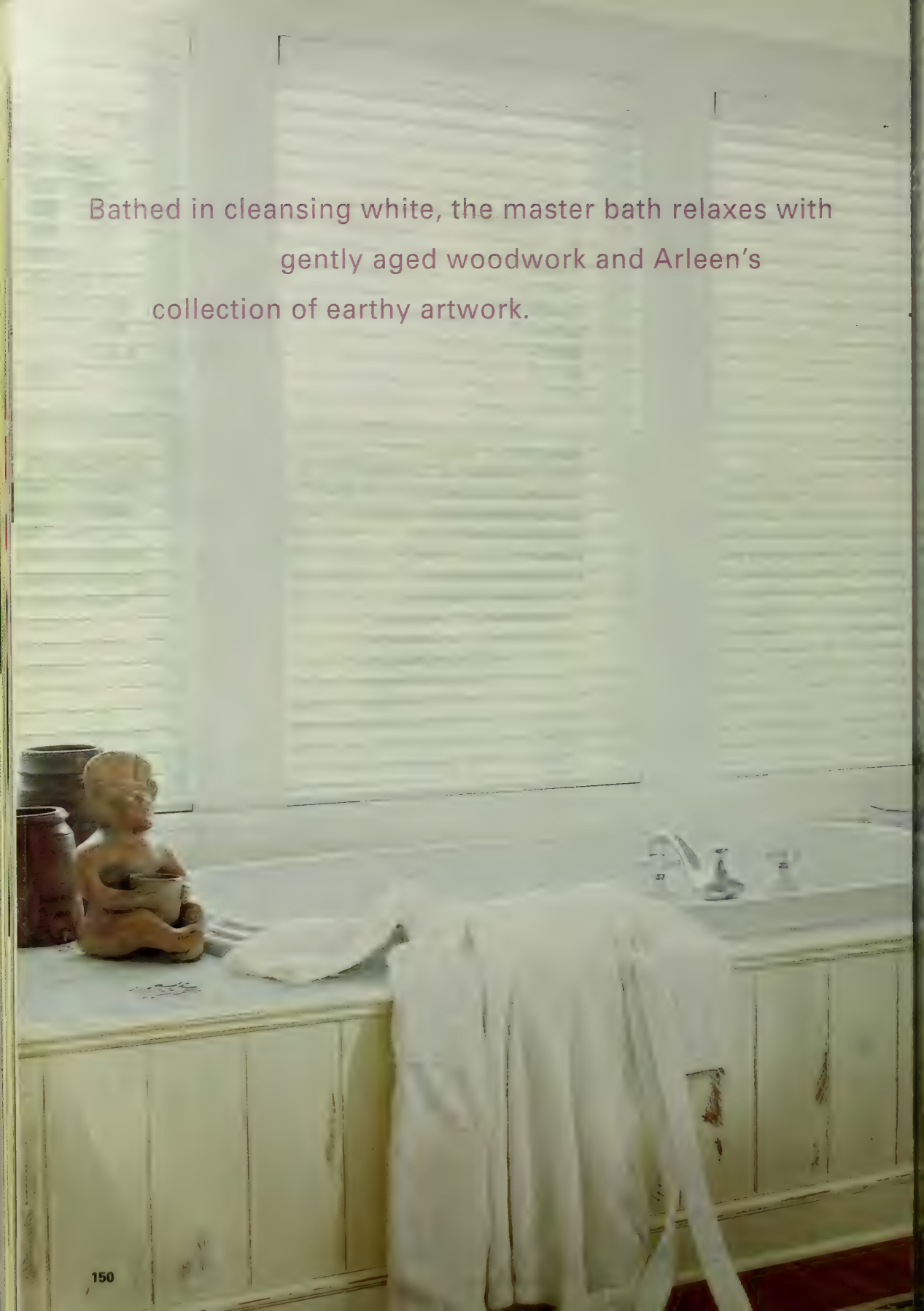
The design team focused the majority of their remodeling efforts upstairs, where Arleen designated half of the second floor as her new master bedroom suite. In this 40×60-foot personal space, she wanted light and a free-flowing floor plan to extend from the front of the house all the way to the back. The suite includes the sleeping quarters (*above*), an adjacent office (*right*) (which used to be a kitchen), a vanity area, and a tub area.

The decorating style blatantly reflects Arleen's personality: "I'm a Pisces. I'm two fish swimming in different directions—a barracuda going one way and a minnow in the other." Neat and orderly, she also likes things that look a little rough. This contrast is apparent in the office, where Arlene uses a beat-up old dowry chest for a coffee table and a slim-lined antique drop-leaf table for a desk. A new off-white sofa topped with graphic-patterned pillows teams up with a thrift-store wing chair slipcovered in black cotton. (The contrasting tan piping is less jarring than white.) When accessorizing, Arleen's confidence and Karen's guidance resulted in a captivating mix of pre-Colombian figures placed alongside ultra-modern lamps with metal shades.

Arleen's style is a blend of primitive and pristine:
African influenced prints and pre-Colombian figures
are mixed with crisp white upholstery and sleek metal lighting.



Bathed in cleansing white, the master bath relaxes with gently aged woodwork and Arleen's collection of earthy artwork.



"I wanted to be able to walk around without doors," says Arleen of the master suite. So Karen and an architect helped her achieve the open floor plan with a couple of three-quarter-height partition walls, which separate the sleeping quarters from the vanity and the vanity from the tub. To maintain visual flow, Karen repeated the bedroom's peeling-paint cabinetry look on the bathroom vanity and tub surround. Plain white tiles on the countertop and tub keep the look spare, while sporadic terra-cotta detailing blends with the primitive collections displayed throughout the suite.

"I have an aversion to towel bars and toilet paper holders," says Arleen, who gets creative with storage. Hand towels and toilet tissue are grouped in interesting baskets, and bath towels are stacked on an antique chair near the bathtub (*left*).





The decorating mood goes American country in the guest bedroom, where a colorful antique quilt and ruffled linens further soften the fluid lines of an old metal bed. Though most people don't associate the farmhouse look with south Florida, Arleen and Karen were immediately in sync. "There wasn't ever a moment when we didn't both love the same thing," Arleen says.

Buying information, page 228

When teaming up with a design pro, consider this advice:

- **Like your designer.** You may be shopping together and talking a lot. "Your designer should be someone you want to have dinner with," says Arleen.
- **Hire for your needs.** A designer can do as little as give you a one-time consultation or as much as coordinate your entire renovation and decorating project.
- **Talk numbers.** Be honest and discuss budget first thing, so the designer can determine the parameters of the project.
- **Express yourself.** Ask to see a designer's portfolio to judge his or her style (though good designers can do any style). When interviewing a candidate, make your likes and dislikes clear—you should feel as if the designer is listening to you.

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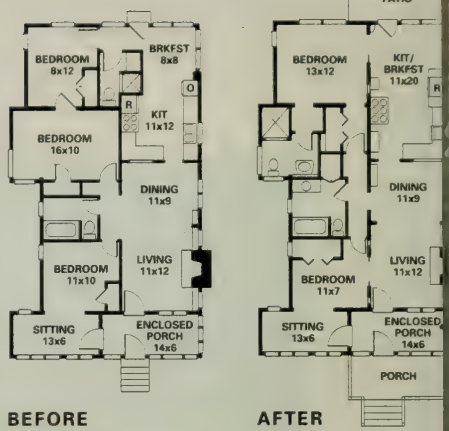
Lattice fencing and a new front porch (*right*) help Sandi Zarcades (*below*) greet visitors to her remodeled beach cottage.

Like many cottages of the 1920s, this Southern California beach house was a tight fit even for a family of four. Measuring just 1,097 square feet, its interior contained dark, tiny rooms that made the house feel smaller still. But current owner Sandi Zarcades fell in love with its dollhouse charm. "I love the simplicity of it," she says. To preserve the charm yet put the house in sync with her lifestyle, Sandi consulted architect Jim Kelley and interior designer Laura Birns. Their scheme offers savvy tips for making any small house live large.

by William L. Nolan

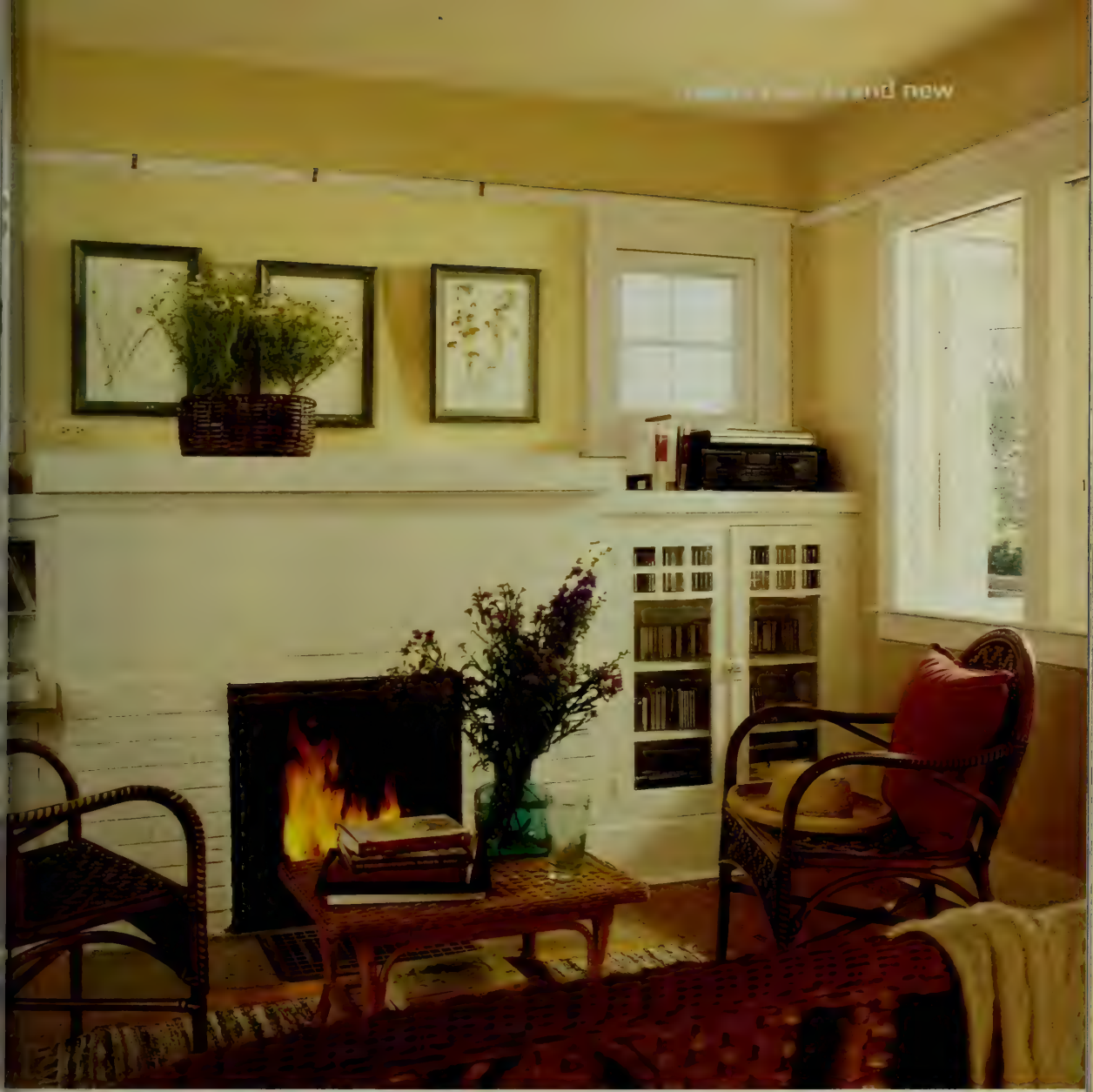
Originally, there were three small bedrooms and two closet-size bathrooms (see *before* plan, *right*). Sandi didn't need the third bedroom—her four children have already flown the nest—so architect Kelley did some strategic wall shuffling. He turned the middle bedroom into a master bath and dressing area, and stretched the master bedroom by borrowing part of the old three-quarter bath. The rest of this bath became part of the kitchen.

The front bedroom, which adjoins a sitting area, became a guest room. To give this room extra versatility, Kelley installed a wide arch to replace one interior wall, allowing the guest room to double as a living-room extension. He also added an entry porch up front that opens to an enclosed porch, which doubles as a cozy sunroom.





The enclosed porch (*left*) gives the house a sunny link with its pedestrian-friendly neighborhood. "This is one of my favorite parts of the house," says Sandi. "It looks as though it was meant to be."





Simple, spare furnishings let the home's quaint architectural details take center stage. In the living room (*above*), the focal point is a brick-fronted fireplace flanked by a built-in bookcase and a writing desk. One end of the living room opens to the dining room (*left*). Casement windows at the other end open to the enclosed porch, making the three spaces feel like one large living area. Walls in the dining room are painted a soft coral, one of several hues that make up the home's "beach-towel" palette.



Just big enough to seat two, the breakfast nook (*above*) steals space from the great outdoors via wraparound windows, a skylight, and a glass-paneled patio door.

At the rear of the house, a pair of skylights pumps extra sunshine into the kitchen (*above*) and the master suite. The skylight in the kitchen supplements big windows that line the breakfast nook, creating a sunny spot to greet the morning or enjoy a break in the day's routine. A glass-paneled door links the nook to a new patio, a pergola, and a gravel path that leads to the garage. The nook's sunny disposition spills into the kitchen work area, which features new, cottage-style built-ins and a farmhouse sink. Beadboard-paneled walls complement the 1920s windows, millwork, and hardwood floors.

To make the kitchen seem roomier, Kelley added a large



Although the kitchen (*right*) seems straight out of the flapper era, its cabinets, fixtures, and appliances are brand new. Recessed panels give the cabinet fronts their cottagey, yesteryear look, and the single-bowl sink harks back to porcelain versions that hung on the walls in 1920s kitchens. Trim on the pass-through—added during the remodel—matches the home's original millwork.



Rain or shine, Sandi and daughter Athina can enjoy the new pergola out back (*above*), thanks to the plastic panels that cover the rafters.



A small house needs to make every inch count. Floor-to-ceiling shelves in a corner by the back door (*right*) display cookbooks and collectibles.



Period touches in the guest bath (*left* and *below*) include beaded wainscoting, a dresser-style vanity, and wall-mounted taps. The lavatory bowl resembles old-time wash-basins that sat on commodes in beach cottages and rooming houses of the early 1900s. Like other rooms in the house, this bath leads a double life; bifold louvered doors to the right of the vanity hide a washer/dryer.

pass-through over the counter, simplifying food service in the dining room and putting the cook in touch with guests in the living room.

What was once the main bath is now a guest bath that comes in handy when friends or family visit. Shuffling the walls in this part of the house allowed architect Kelley to make the bath a few feet wider than the home's original. The extra space also accommodated a built-in vanity and a niche for a washer/dryer stack. Like the kitchen, this bath is paneled in beadboard.

Throughout the house, designer Birns evoked the home's ocean front setting—and created an extra sense of roominess—by painting the trim white and covering the walls with a soothing scheme of cool pastels.

Buying information, page 228




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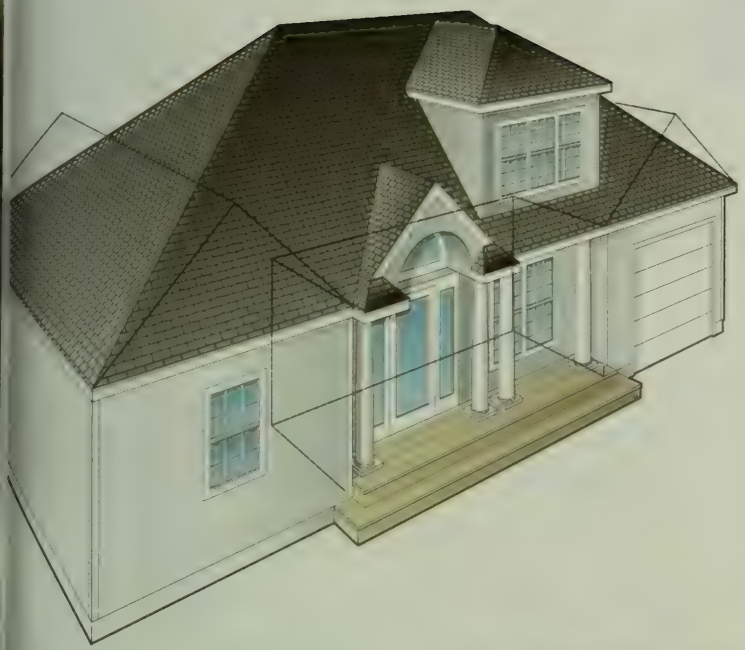
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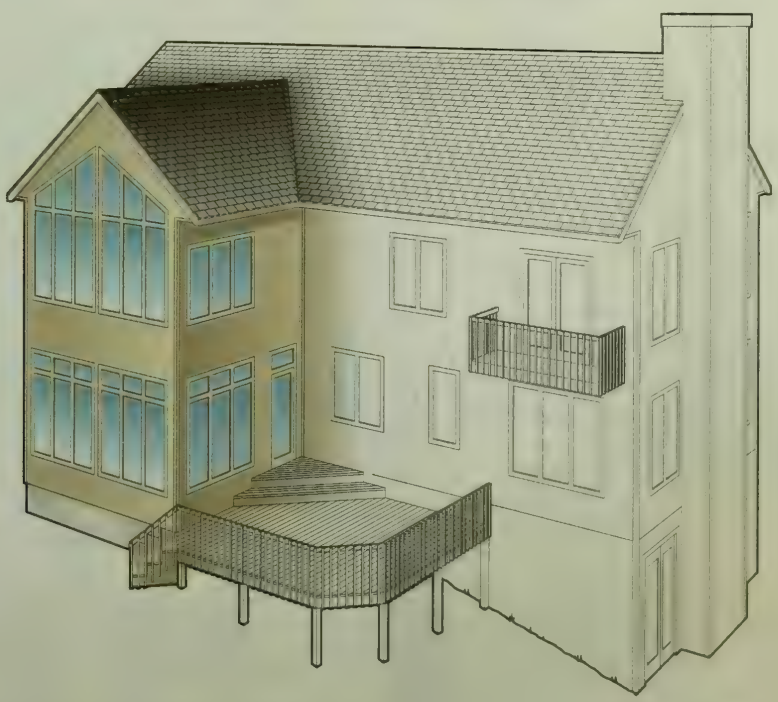
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by James A. Hufnagel

2 story Additions



Remodeling of the dual-level kind saves about half on roofing and foundation costs, compared to a single-level add-on of the same size. And if site space is tight at your house, building up may be the only way to go. The homes that follow, each a winner in our Home Improvement Contest, demonstrate two very different ways to raise your sights. One, a tower (*below*), amplifies living space on two levels; the other, a former ranch (*left*), rises to the occasion with a brand-new second floor.





BEFORE



New Rooms with a View

Dorothy and Dan Williams's Ames, Iowa, home sits on a beautifully wooded site. When they decided to expand the home's floor space, they also set out to expand its views, with a high-rising 12×14-foot addition that showcases floor-to-ceiling windows looking out in three directions.

The main level features a dining/sun/garden room that opens to the home's existing deck. Upstairs, a luxurious new spa extends the master bedroom and bath toward the treetops. Downstairs, the former dining area adjacent to the kitchen now serves as a gathering area and provides spill-over eating accommodations for large family events.

Adding out, as Dorothy and Dan did, makes sense if you can spare the yard space, and if the expansion meets requirements for setbacks from property lines. You will, however, have to build a new foundation, which can be costly if heavy equipment can't get to the site.

Similar proportions and identical siding (*above left*) seamlessly tie the addition's exterior to the original house.

Each season provides the family's sun space (*right*) with a different outlook.

The second-level spa (*opposite page*) boasts a whirlpool tub, a vaulted ceiling, and cathedral windows. Travertine marble covers the tub surround and floor.




First Floor
Deck
Steps
Sunny Room
Dinette
Gathering
Room
Kitchen
Second Floor
Whirlpool Tub
Spa Room
Balcony
Master
Bath
Closet
Master Bedroom


Bedroom (existing)
C
Dining Area
D
Kitchen
Bath
D.W.
Office (existing)
Bedroom (existing)
C
C
Living Area
Garage
Wood porch
First Floor
Master Bedroom
Master Bath
Master Closet
Attic Space
Bridge
Bath
C
Bedroom
Second Floor

Up, Up, and Away



Originally a U-shaped ranch (*above*), this whole-house remodeling pushed out part of the first floor and raised the roof to make room for a second level (*opposite page*).

For Kelly and Charles Canavan, the best way to grow their ranch-style home was up—a second-story addition that nearly doubles the family's floor space. Their restyled front exterior harmonizes with other neighborhood homes, which is an important consideration with any remodeling. Now, the new/old home opens wide out back to take in waterfront views of Sag Harbor Cove in Long Island, New York.

Inside, the remodeling opened up the first level, with main living areas on one side, bedrooms on the other. An open staircase divides public and private zones, and climbs to

From the entry foyer (*right*), stairs lead to an upper loft space that connects the bedrooms. Sliding glass doors in the background lead to a deck across the rear of the house.





The rear exposure (*left*) of what was once a single-story home towers high over a full-width deck. Three sets of sliding glass doors open to the deck, and more sliders connect the master suite to a small balcony upstairs.

A rustic table (*bottom right*), with chairs that match stools at the great-room's eating bar, provide the ambience of a charming, country kitchen. The angled eating bar helps conceal work-space clutter from the living area.

more bedrooms on the home's new, spacious upper level.

The rear exposure opens wide with big windows and sliding glass doors upstairs and down. Steps from the expansive deck here lead to a dock where Kelly and Charles moor two boats.

Inside, the Canavans merged the original living room, dining room, and kitchen into a single great-room, where views of the water can be enjoyed. Kelly loves the openness—for now. "As the kids grow older I would like to close things off for a little more privacy," she adds.

The new second floor worked wonders at the Canavans' house, but adding up isn't for everyone. Some homes' foundations can't support another floor. (Codes vary, but as a rule, a concrete foundation must measure 8 inches wide at the top to support a two-story house.)



Open spaces (*left*) encourage family members to pitch in with the cooking chores—or just hang out. Maple cabinets feature raised-panel and glass-front doors. The cook center tops a stainless-steel range, and includes a matching microwave.



The custom-crafted vanity and mirror (*above*) have the look of an old-fashioned sideboard, complete with vintage-style lighting sconces.

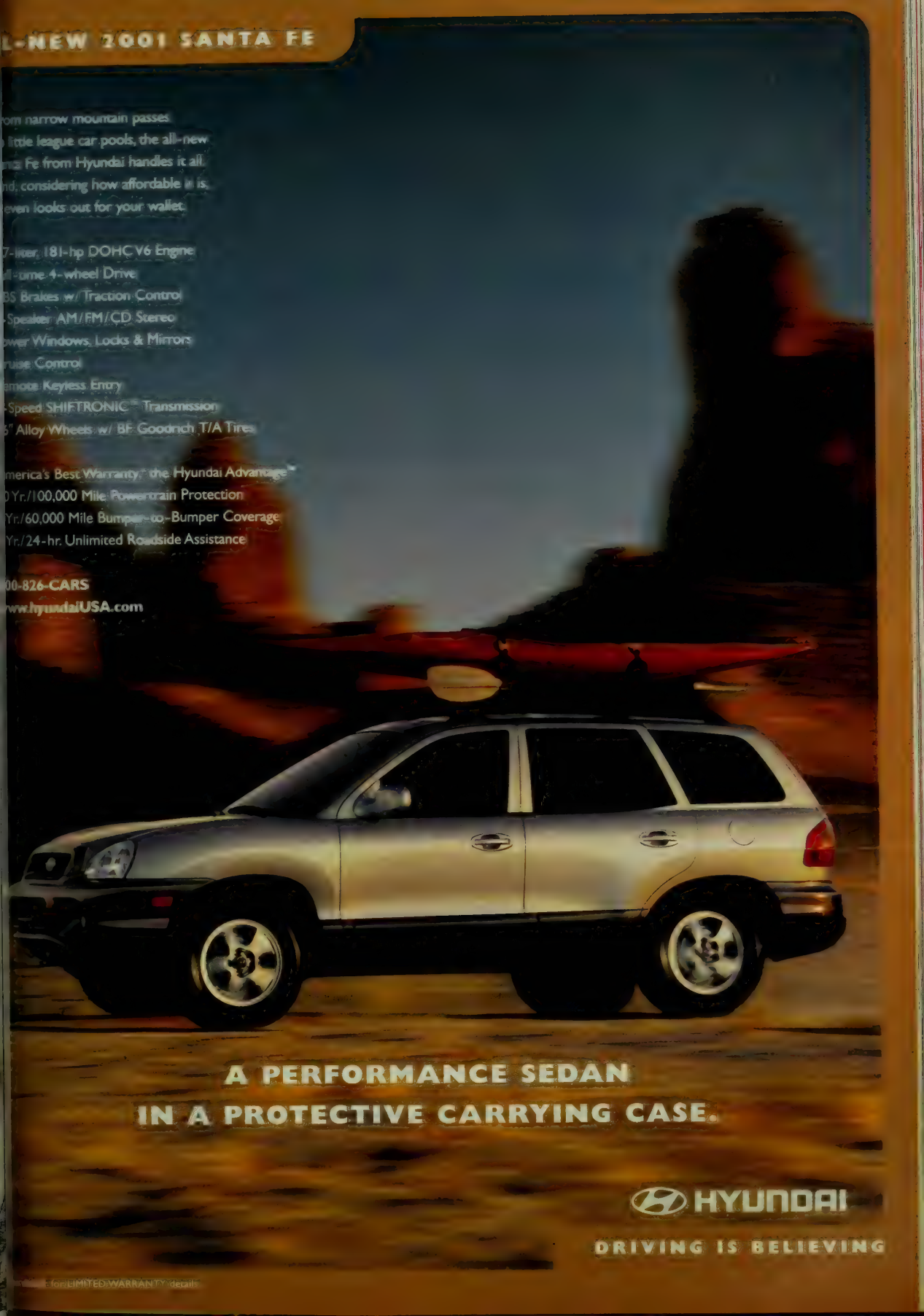
If you add on, you may need to beef up existing walls and partitions, and you can just about count on living with a big mess (or moving out) while construction is in progress.

As part of their second-level addition, the Canavans treated themselves to a luxurious new master suite. Its sun-filled bath looks out into the harbor through windows stacked to follow the pitch of a cathedral ceiling. Rich cherry paneling encloses an extra-large whirlpool tub and surfaces a double-basin vanity cabinet on the opposite wall. ⌂

Buying information, page 228

Another traditional touch: Fluted frames surround windows (*right*) over the spacious spa. Adjacent to the tub is a roomy, glass-enclosed shower.

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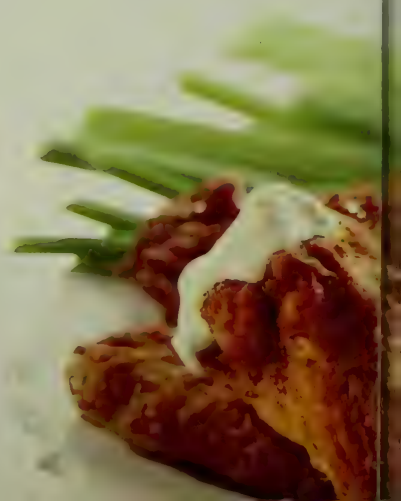


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Think of these recipes as oldies but goodies. Now think of them with a little attitude. Add roasted garlic to mashed potatoes, bathe country ribs in root beer sauce. This is home cooking that plays with big-time flavor.



THREE-WAY MASHED POTATOES

Recipe begins on page 183

by Ken Haedrich

home cooking



CARROT, PINEAPPLE, AND MANGO SALAD

Loud, proud, and a sassy-sweet riot of shapes and colors—this is the Hawaiian shirt of carrot salads (*below*). A scene stealer on the potluck table, it's equally at home with summer grill outs.

RAREBIT SAUCE WITH ROASTED VEGGIES

Say farewell to the shy little toast points that used to get lost under an ocean of creamy rarebit. Our mustard-enlivened cheddary version (*right*) is draped over thick slices of tangy sourdough. Roasted asparagus and plum tomatoes round out this supper ensemble.

Recipes begin on page 183

Home cooking is more than "like mom used to make." It has one foot grounded in the past, the other planted in easygoing, well-provisioned pantries. Nowadays, carrot salad becomes a carnival of flavors; rarebit punctuates a love of simple produce.





CHICKEN, PASTA, AND MUSHROOMS

Does your favorite chicken and noodles dish need a change—a flavor lift? This one (*left*) has deliciousness to spare: wine-simmered chicken thighs with an accent of earthy mushrooms on a bed of peppery lemon pasta.

CHEESY POTATO AND CAULIFLOWER CHOWDER

A steaming bowl of cheese chowder (*below*) is perhaps the pinnacle of home cooking. It can melt tensions, thaw a blue mood, and bring sunshine into a dark winter day. Some might say cheddar is better, but we think you'll agree that this Jarlsberg rendition makes for one magnificently soulful bowlful.



Recipes begin on page 187

WEEKNIGHT STEAK WITH VEGETABLES

The mantra of modern home cooks is: Lots of flavor, plus fast, fresh, and healthful too. You'll get all that with this steak platter (*right*). And you can put away your everyday steak sauce—our chunky vegetable-wine sauce is just a short chop, sear, and simmer away.



home cooking

Downsized cakes with waves of creamy frosting and plate-size cookies—we're no less fond of sweets than were the home cooks of previous generations. We're just more likely to enjoy goodies on a sliding scale that suits our needs and satisfies our whims.





CHOCOLATE CAKE WITH FLUFFY ICING

We've kept this one short and sweet. It's a chocolate-cake lover's idea of a square meal: a dark, handsome, tender-as-a-cloud cake baked in an 8x8-inch pan (*above*). The streamlined, single-layer profile makes it ideal for travel. Chill those glasses and bring on the cold milk.

GIANT SNICKERDOODLE COOKIES

Sometimes too much of a good thing is just about enough. Take these snickerdoodles (*left*), for instance. Outside? Acres of sugar-coated, pastry-flaky crust. Inside? They're like a soft, velvety lemon cake. One makes a serving; several make you happy.

Recipes begin on page 188

continued on page 180


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Puddin' Pies
Apple Pie a la Mode
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continued from page 178



CORN-STUFFED PEPPERS

Think of these (*above*) as an American classic giving a snappy, south-of-the-border salute. They might be filled with ordinary (cornmeal) mush, but stir in corn kernels and cheese, and they become extraordinary suppertime peppers. The spicy chili-tomato sauce surrounding these as they bake makes them even more sublime.

COUNTRY-STYLE OVEN RIBS

Talk about good! These meaty pork ribs (*right*) are slow roasted in a thick, glossy, mahogany veneer of tangy root beer sauce until they're butter-tender. Forget about leftovers. But, just in case: Pull off the meat, chop it, and serve it heated on a bun with slaw.

Recipes begin on page 190





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ıome cooking

ontinued from page 180

Three-Way Mashed Potatoes

hese mashers are super delicious. ere's why. Baking potatoes yield a ght textured mashed potato. Leaving ome of the skins on adds both flavor nd a rustic touch without overdoing . And a little sour cream lends reamy tartness. We also offer three ıodern flavor variations: Garlic, armesan-Basil, and Spinach.

Prep: 15 minutes **Cook:** 15 minutes

- 1½ lb. russet (baking) potatoes
- 1 tsp. salt
- 2 Tbsp. margarine or butter, softened
- ¼ tsp. pepper
- ⅓ cup milk, half-and-half, or light cream, warmed
- ⅓ cup dairy sour cream

1. Peel the potatoes in a random ashion, leaving about half the skin n each potato. Cut potatoes into arge chunks and place in a large aucepan. Add cold water to cover long with ½ teaspoon of the salt. ring to boiling; reduce heat. Cover nd cook for 15 to 20 minutes or ntil potatoes are tender. Drain.

2. Add the margarine or butter, epper, and the remaining ½ teaspoon salt to potatoes in saucepan. Jsing a potato masher, mash potaoes slightly, leaving some lumps, if lesired. Gently mash in milk, about alf at a time, then mash in the sour ream. Switch to a wooden spoon, so s not to over mash the potatoes. Stir ntil potatoes are evenly mixed. Seaon to taste with additional salt and epper, if desired. Serve at once. Makes 6 servings.

Nutrition facts per serving: 148 al., 7 g total fat (2 g sat. fat), 6 mg hol., 445 mg sodium, 19 g carbo., g fiber, and 4 g pro. Daily Values: % vit. A, 26% vit. C, 4% calcium, nd 5% iron.

Roasted Garlic Mashed Potatoes: Preheat oven to 350° F. Rub most of the papery skin off a head of garlic. With a sharp knife, slice off top third of the head of garlic. Put garlic in a small baking dish or custard cup and drizzle with a little olive oil (about 1 tablespoon). Cover with foil. Bake for 20 to 25 minutes or until garlic is very tender. Squeeze the roasted garlic cloves into a small bowl and mash with 1 tablespoon of the softened margarine or butter.

Prepare the potatoes as directed *at left* except add the garlic-butter mixture to potatoes along with the sour cream.

Parmesan-Basil Mashed Potatoes: Prepare the potatoes as directed *at left* except after adding milk, add ½ cup finely shredded Parmesan cheese and 1 tablespoon finely snipped fresh basil. Add sour cream. Top mashed potatoes with additional finely shredded Parmesan.

Sautéed Spinach Mashed Potatoes: Prepare the potatoes as directed *at left*. While potatoes are cooking, coarsely chop ½ of a 6-ounce package baby spinach. In a large skillet cook ⅓ cup chopped onion in 1 tablespoon olive oil for 5 minutes or until onion is tender. Stir in the spinach. Cook for 1 to 2 minutes or just until spinach wilts, then stir the spinach mixture into the mashed potatoes. Add a dash of grated nutmeg, if desired. (Note: You may wish to decrease the ⅓ cup warmed milk that is used in the original recipe to ¼ cup, using just enough milk to moisten.)

Note: To keep mashed potatoes warm before serving, transfer the prepared potatoes to a heat-proof serving bowl. Smooth top; pour 3 to 4 tablespoons of additional warmed milk or cream over potatoes to barely cover the surface.

Cover the bowl with foil and place over a saucepan partially filled with hot water. Hold the bowl over low heat for up to 20 minutes. When ready to serve, stir in the milk to moisten potatoes.



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Carrot, Pineapple, and Mango Salad

A new variety of purple carrots is hitting grocery stores and farmer's markets. Mix some with the familiar orange ones for additional color.

Prep: 25 minutes **Chill:** 30 minutes

- ¼ cup cider vinegar
- 2 Tbsp. sugar
- 2 Tbsp. orange juice
- 2 Tbsp. salad oil or olive oil
- 3 cups very thinly sliced carrots (about 1 lb.)
- 1 cup cubed, peeled fresh pineapple or one 8-oz. can pineapple chunks (juice pack), drained
- 1 cup cubed, peeled, pitted fresh mango

continued on page 186

LENOX

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The Light of Friendship *crystal votive*

Winnie the Pooh



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home cooking

continued from page 183

2 Tbsp. snipped fresh cilantro
¼ cup coarsely chopped honey-roasted peanuts

1. In medium bowl whisk vinegar, sugar, orange juice, and oil together. Add carrots; mix well. Cover and refrigerate at least 30 minutes or up to 8 hours, tossing occasionally.

2. Add fruit and cilantro; toss to mix. Transfer to a serving dish. Top with chopped nuts just before serving. Makes 6 servings.

Nutrition facts per serving: 148 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 38 mg sodium, 22 g carbo., 3 g fiber, and 2 g pro. Daily Values: 185% vit. A, 37% vit. C, 2% calcium, and 4% iron.

Rarebit Sauce with Roasted Veggies

Originally called Welsh rabbit, the name rarebit supposedly came into use because the dish contains no rabbit. Roasted tomatoes add just the right acidic bite and deep flavor to the creamy-rich rarebit sauce. If you keep stirring and watching the heat, there's no need for a double boiler.

Prep: 20 minutes **Bake:** 8 minutes

Cooking oil
1 lb. asparagus spears
12 plum tomatoes, cored and halved lengthwise
2 Tbsp. olive oil
Salt and pepper
¾ cup milk
1 Tbsp. margarine or butter
2 egg yolks, beaten
2 tsp. Dijon-style mustard
Dash ground red pepper
10 oz. extra-sharp cheddar cheese, finely shredded (2½ cups)
6 thick slices sourdough bread
2 cloves garlic, peeled and halved
Fresh parsley sprigs

1. Preheat oven to 450° F. Line 15x10x1-inch baking pan with fo and oil the foil well; set aside.

2. Wash asparagus and break o woody bases where spears snap ea ily. Scrape off scales, if desired. Pla tomato halves, cut sides up, a asparagus spears on prepared pa Drizzle with the olive oil; sprink lightly with salt and pepper. Roa uncovered, for 8 to 15 minutes until asparagus is crisp-tender a tomatoes are heated through.

3. Meanwhile, for Rarebit Sauc in a medium saucepan heat milk a margarine or butter over mediu

eat. Gradually add hot milk mixire into beaten egg yolks, stirring onstantly; stir in mustard and red epper. Return mixture to saucepan. ontinue to heat, stirring constantly, ntil mixture coats a metal spoon. tir in cheese, a handful at a time, irring until melted after each addion. When all cheese has been dded, continue to heat for 1 to minutes more or until smooth, stirng constantly; *do not boil.*

4. Toast the bread; rub one surface f each slice with the cut side of a arlic clove. Transfer toast to serving lates, garlic side up. Top each toast ice with 4 tomato halves and several f the asparagus spears. Spoon hot arebit sauce over tomatoes and top ith a sprig of parsley. Serve immeiately. Makes 6 main-dish servings.

Nutrition facts per serving: 393 al., 26 g total fat (12 g sat. fat), 123 ng chol., 539 mg sodium, 22 g arbo., 3 g fiber, and 19 g pro. Daily alues: 28% vit. A, 57% vit. C, 42% alcium, and 12% iron.

Chicken, Pasta, and Mushrooms

An old-fashioned favorite with a modern bistro feel, this dish has a white wine-based sauce that smells—and tastes—heavenly.

Prep: 20 minutes **Cook:** 35 minutes

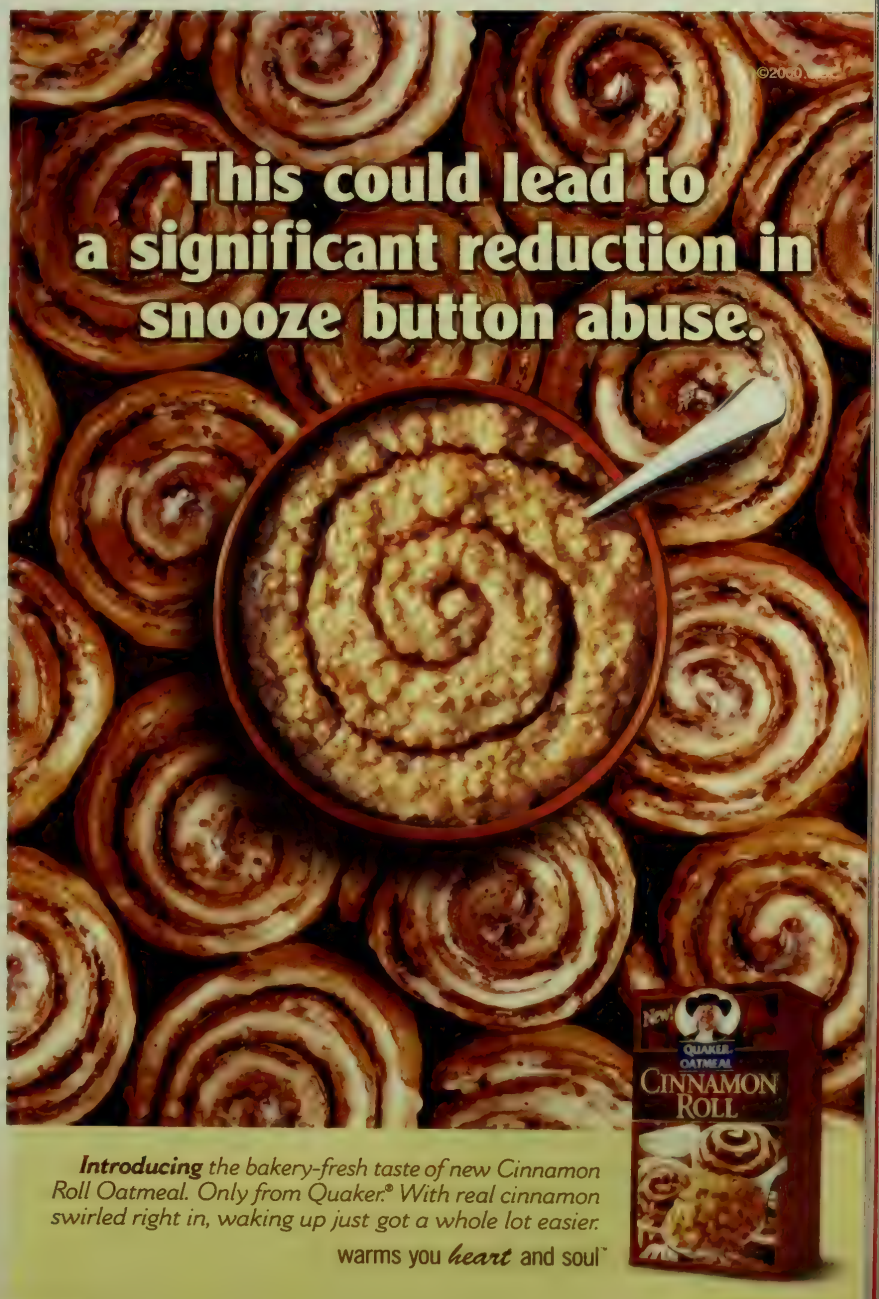
- 1 Tbsp. olive oil
- 4 skinless chicken thighs
- Salt and pepper
- 1 large onion, chopped (1 cup)
- 2 cups thinly sliced fresh mushrooms, such as button, chanterelle, and/or shiitake
- 2 cloves garlic, minced
- 2 bay leaves
- ¾ cup chicken broth
- ¾ cup dry white wine or chicken broth
- 2 tsp. snipped fresh thyme or ½ tsp. dried thyme, crushed
- ¼ tsp. salt
- ⅔ cup half-and-half or light cream
- 2 Tbsp. all-purpose flour
- 8 oz. dried lemon-pepper or plain linguine or penne pasta
- Fresh thyme sprigs or snipped fresh thyme (optional)

1. In a large saucepan heat the oil. Add chicken; brown 3 to 4 minutes on each side. Sprinkle lightly with salt and pepper. Transfer chicken to a plate.

2. Add onion, mushrooms, and garlic to pan. Cook 5 minutes, stirring occasionally. Return chicken to pan. Add bay leaves, broth, wine, thyme, and ¼ teaspoon salt. Bring to boiling; reduce heat. Cover and simmer gently for 30 minutes. Remove chicken; cover and keep warm. Remove bay leaves and discard.

3. In small bowl whisk cream and flour together until smooth. Add to liquid in pan. Cook and stir until thickened and bubbly; cook and stir 1 minute more. Add additional pepper to taste, if desired. Meanwhile, cook the pasta according to the package directions.

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4. To serve, drain pasta; place in a serving dish and top with chicken. Spoon sauce over chicken and pasta. Top with fresh thyme, if desired. Makes 4 main-dish servings.

Nutrition facts per serving: 565 cal., 16 g total fat (5 g sat. fat), 139 mg chol., 494 mg sodium, 53 g carbo., 3 g fiber, and 43 g pro. Daily Values: 7% vit. A, 13% vit. C, 9% calcium, and 23% iron.

Cheesy Potato and Cauliflower Chowder

The rye bread is a snappy complement for the nutty, buttery flavor of the Jarlsberg cheese.

Prep: 20 minutes **Cook:** 10 minutes

- 1 large onion, chopped (1 cup)
- 2 Tbsp. margarine or butter
- 4 cups chicken broth
- 2 cups diced, peeled Yukon gold or white potatoes
- 2½ cups cauliflower florets
- 1 cup half-and-half, light cream, or milk
- 2 Tbsp. all-purpose flour
- 2½ cups shredded Jarlsberg cheese (10 ounces)
- Salt and pepper
- 3 slices dark rye or pumpernickel bread, halved crosswise (optional)
- ½ cup shredded Jarlsberg cheese (2 oz.) (optional)
- 2 Tbsp. snipped fresh Italian parsley (optional)

1. In a large saucepan or Dutch oven cook onion in margarine or butter until tender. Carefully add chicken broth and potatoes. Bring to boiling; reduce heat. Cover and simmer 6 minutes. Add cauliflower; return to boiling. Reduce heat and simmer, covered, 4 to 6 minutes more or until vegetables are tender.

2. In a bowl whisk half-and-half into flour until smooth; add to the soup mixture. Cook and stir until mixture is thickened and bubbly. Reduce heat to low. Stir in the 2½ cups cheese until melted. Do not allow the mixture to boil. Season to taste with salt and pepper.

3. Meanwhile, if using bread, preheat oven to 350° F. Trim crusts from bread, if desired. Place the halved bread slices on a baking sheet. Bake for 3 minutes or until crisp on top. Turn slices over. Sprinkle with the ½ cup cheese and the parsley. Bake for 5 minutes more or until cheese melts.

4. Ladle soup into bowls. Float one piece of cheese-topped bread in each bowl of soup. Makes 6 main-dish servings.

Nutrition facts per serving: 267 cal., 17 g total fat (10 g sat. fat), 48 mg chol., 533 mg sodium, 14 g carbo., 2 g fiber, and 15 g pro. Daily Values: 15% vit. A, 31% vit. C, 39% calcium, and 5% iron.

Weeknight Steak with Vegetables

Roasting the vegetables gives them a robust flavor and keeps most of the work for this dish in one pan. The Three-Way Mashed Potatoes make a tempting and delicious platemate.

Prep: 15 minutes **Cook:** 16 minutes

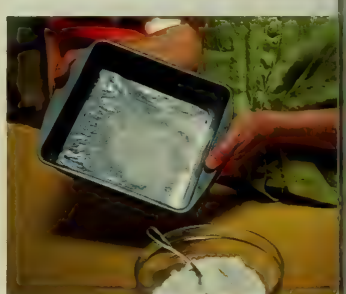
- 2 Tbsp. olive oil
- 2 medium zucchini and/or yellow summer squash, cut into 1-inch chunks
- 1 large onion, cut into thick wedges
- 2 stalks celery, cut into 1-inch slices
- 3 cloves garlic, peeled
- 1 tsp. dried rosemary, crushed
- 1 lb. boneless beef sirloin steak, cut ¾ inch thick
- Salt and pepper
- ½ cup zinfandel or other fruity dry red wine
- 1 14½-oz. can diced tomatoes with basil, oregano, and garlic

1. In a large skillet heat 1 tablespoon of the oil. Cook the zucchini, onion, celery, garlic, and rosemary in the hot oil over medium heat for 6 7 minutes or until vegetables are ju crisp-tender, stirring occasional Remove mixture from skillet.

2. Cut beef into 4 serving-si pieces. Add remaining oil to skill Add beef to hot skillet. Season wi salt and pepper. Cook over mediu high heat for 4 to 6 minutes or un medium-rare, turning once. (Me doneness will increase slightly duri standing time). Remove meat fro skillet; cover and keep warm.

3. Add the wine to skillet, stirri up browned bits. Add the undrain tomatoes. Bring to boiling. Boil ge tly, uncovered, for 5 minutes, until slightly thickened. Return ve etables to skillet. Cook and stir un mixture is just heated throug Spoon vegetable sauce over beef serve. Makes 4 servings.

Nutrition facts per serving: 3 cal., 23 g total fat (7 g sat. fat), 74 m chol., 362 mg sodium, 16 g carb 3 g fiber, and 24 g pro. Daily Value 0% vit. A, 37% vit. C, 9% calciu and 22% iron.



To prepare cake pan, add a little flour t greased pan. Tilt to coat; remove exces

Chocolate Cake with Fluffy Icir

This is almost like the one Grandm used to make, maybe even a ta better; you be the judge. It makes or generous single layer. See note for two-layer cake.

Prep: 30 minutes **Bake:** 30 minute

- 1 cup all-purpose flour
- ½ cup unsweetened cocoa powder
- ¾ tsp. baking soda
- ½ tsp. baking powder

continued on page 19

Ratings
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D Two words, "moist" and "tender," describe every dish that comes out of this kitchen. You'll "keep coming back" to this "warm" and always "delicious," "feels like home" eatery. When asked "who's cleaning up," Ann says "don't you worry, it's all in how you do it."

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continued from page 188

- 6 Tbsp. butter, softened
- 1 cup sugar
- 2 eggs
- 1 tsp. vanilla
- ¾ cup milk
- 1 recipe Fluffy Icing

1. Preheat oven to 350° F. Lightly grease bottom of 8x8x2-inch baking pan. Line bottom of pan with waxed paper. Grease and flour paper and sides of pan (see photo, *page 188.*)

2. In a mixing bowl stir together flour, cocoa powder, baking soda, and baking powder; set aside.

3. In a large mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Gradually add sugar, beating on medium speed until well combined. Add eggs, one at a time, beating well after each addition. Beat in vanilla.

4. Add dry ingredients and milk alternately to beaten mixture, beating just until combined after each addition. Beat on medium to high speed for 20 seconds more. Spread batter evenly in the prepared pan.

5. Bake for 30 to 35 minutes or until a wooden toothpick inserted in the center comes out clean. Cool cake in pan for 10 minutes. Loosen sides with a knife and invert onto wire rack. Peel off waxed paper. Cool completely on rack. Transfer to a serving plate.

6. Prepare Fluffy Icing. Spread over top and sides of cake. Cover and store cake in refrigerator. Makes 8 to 10 servings.

Fluffy Icing: Coarsely chop 3 ounces unsweetened chocolate. In a heavy small saucepan melt chocolate, over low heat, stirring frequently. Remove from heat; cool to room temperature. In a medium mixing bowl beat 4 ounces softened cream cheese and 2 tablespoons softened butter with an electric mixer on medium speed for 30 seconds or until well combined. Beat in 2 cups sifted powdered sugar, half at a time, beating until smooth and fluffy. Beat in ½ teaspoon vanilla. Add cooled chocolate to the cream cheese mixture; beat for 30 seconds, scraping sides of bowl occasionally. Beat in 1 to 2 tablespoons milk, 1 or 2 teaspoons at a time, just until icing is soft and fluffy. Do not overbeat.

Note: To make a two-layer cake, double all of the cake ingredients. Divide batter between two 8x8x2-inch baking pans. Bake as directed. For icing, follow the same method using double the ingredients.

Nutrition facts per serving: 512 cal., 26 g total fat (15 g sat. fat), 103 mg chol., 339 mg sodium, 67 g carbo., 2 g fiber, and 7 g pro. Daily Values: 21% vit. A, 0% vit. C, 14% calcium, and 13% iron.

Giant Snickerdoodle Cookies

The name might make you giggle, but the flavor of these old-fashioned sugar cookies will make you swoon. These are big, and they need room to expand; don't try to get more than five or six on a large cookie sheet.

Prep: 20 minutes **Chill:** 4 hours
Bake: 12 minutes per batch

- 4½ cups all-purpose flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- ¾ tsp. salt
- 1¼ cups shortening
- 2 cups sugar
- 2 eggs
- 1½ tsp. vanilla
- ½ tsp. lemon extract or 1 tsp. finely shredded lemon peel
- 1 cup buttermilk
- ½ cup sugar
- 2 Tbsp. ground cinnamon

1. In a bowl stir together flour, baking powder, baking soda, and salt. In a large mixing bowl beat shortening with an electric mixer on medium to high speed 30 seconds. Add the 2 cups sugar. Beat mixture until combined, scraping sides of bowl.

2. Beat in eggs, one at a time, beating well after each addition. Stir in vanilla and lemon extract or peel.

3. Add dry ingredients and butte milk alternately to creamed mixtur scraping down sides of bowl as ne essary. Cover and chill for at lea 4 hours. Meanwhile, combine th ½ cup sugar and cinnamon; set asid

4. Preheat oven to 375° F. Light grease cookie sheets; set aside. Fo each cookie, use a ¼-cup measu or ¼-cup ice-cream scoop*. Ro each scoop of dough in the suga cinnamon mixture to coat. Plac 3 inches apart on cookie sheet. Wit the palm of your hand, gently pre down cookie to ½-inch thickness.

5. Bake cookies 12 to 14 minut or until bottoms are a light gol Transfer to rack. The cookies bak more evenly if you bake just on batch at a time. Makes about 24.

*Note: If using an ice-crea scoop, lightly coat the scoop wit nonstick cooking spray to help pre vent dough from sticking.

Nutrition facts per cookie: 26 cal., 11 g total fat (3 g sat. fat), 18 m chol., 175 mg sodium, 37 g carbo 1 g fiber, and 3 g pro. Daily Value 1% vit. A, 0% vit. C, 4% calciun and 7% iron.



Spoon cornmeal mixture into the well-drained, partially cooked peppers.

Corn-Stuffed Peppers

If you like, you can use red, yellow, o orange sweet peppers instead of th green and white peppers.

Prep: 30 minutes **Bake:** 35 minutes

- 4 medium green and/or white sweet peppers
- 2¼ cups cold water
- ⅔ cup yellow cornmeal

continued on page 19



Every health nut should know that most of the fat found in almonds is monounsaturated, the good kind! In fact, getting more good fat into your diet can help reduce the risk of heart disease. Plus, almonds are cholesterol free and high in vitamin E. So now that you know the skinny on fat, make sure California Almonds are in.

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continued from page 190

- ½ tsp. salt
- 1½ cups frozen corn, thawed
- 5 oz. Monterey Jack cheese or Monterey Jack cheese with jalapeño peppers, shredded
- 1½ cups Spicy Chili-Tomato Sauce (see recipe, *below*)

1. Preheat oven to 375° F. In a Dutch oven heat ½ inch of water. Slice off tops of peppers. Remove stems; finely chop enough of tops to equal ½ cup and set aside. Remove white ribs from inside of peppers. Add peppers to water in Dutch oven; return to boiling. Cover; cook for 3 minutes. Carefully remove the peppers with tongs; invert and drain peppers on paper towels.

2. In medium saucepan combine 2¼ cups cold water, cornmeal, and salt. Bring to boiling over medium heat, stirring frequently. Cook and stir 10 minutes. Remove from heat. Stir in corn, 1 cup of the cheese (reserve remaining 2 tablespoons), and reserved chopped green pepper.

3. Spread Spicy Chili-Tomato Sauce in bottom of 2-quart oblong or square baking dish. Spoon cornmeal mixture into peppers (see photo, *page 190*); set them, filled side up, in prepared dish. Bake, loosely covered with foil, 35 minutes. Remove foil; sprinkle tops with reserved cheese. Serve each pepper with some of the sauce. Makes 4 main-dish servings.

Nutrition facts per serving: 380 cal., 17 g total fat (8 g sat. fat), 31 mg chol., 989 mg sodium, 46 g carbo., 7 g fiber, and 15 g pro. Daily Values: 30% vit. A, 156% vit. C, 31% calcium, and 15% iron.

Spicy Chili-Tomato Sauce

This spicy sauce is quite versatile. Serve with Corn-Stuffed Peppers or use as pasta sauce, enchilada sauce, or in chili.

Start to finish: 20 minutes

- 1 medium onion, finely chopped
- 1 clove garlic, minced
- 2 Tbsp. cooking oil
- 2 Tbsp. chili powder
- 1 Tbsp. all-purpose flour
- 2 tsp. ground cumin
- 1¼ cups reduced-sodium chicken broth
- 1½ cups canned crushed tomatoes in puree
- 1½ tsp. sugar
- 1 tsp. dried oregano, crushed
- ½ tsp. salt

1. In a large skillet cook and stir onion and garlic in hot oil over medium heat until onion is tender. Stir in chili powder, flour, and cumin. Cook 1 minute. Slowly add broth. Cook and stir until thickened and bubbly.

2. Add undrained tomatoes, sugar, oregano, and salt. Simmer gently, uncovered, for 7 minutes or until desired consistency, stirring occasionally. Use 1½ cups sauce for Corn-Stuffed Peppers. Cover and refrigerate or freeze remaining sauce. Makes 2¼ cups.

Nutrition facts per ¼-cup serving: 60 cal., 3 g total fat (1 g sat. fat), 0 mg chol., 334 mg sodium, 6 g carbo., 2 g fiber, and 1 g pro. Daily Values: 8% vit. A, 9% vit. C, 3% calcium, and 3% iron.

Country-Style Oven Ribs

The sweet, dark basting sauce on these ribs has a secret ingredient that will keep your family guessing—it's root beer! For a complete meal, serve the ribs with a side dish of crisp, refreshing coleslaw or our Carrot, Pineapple, and Mango Salad (see recipe, *page 183*).

Prep: 15 minutes **Bake:** 2 hours

- 1½ tsp. salt
- 1 tsp. ground cumin
- 1 tsp. paprika
- ½ tsp. ground black pepper
- ½ tsp. ground cinnamon
- ¼ tsp. ground cloves
- 3½ lbs. pork country-style ribs



- 4 cups root beer (not low calorie
- ⅓ cup bottled barbecue sauce
- 2 Tbsp. tomato paste
- 1 Tbsp. vinegar
- 2 tsp. Dijon-style mustard
- 1 tsp. Worcestershire sauce

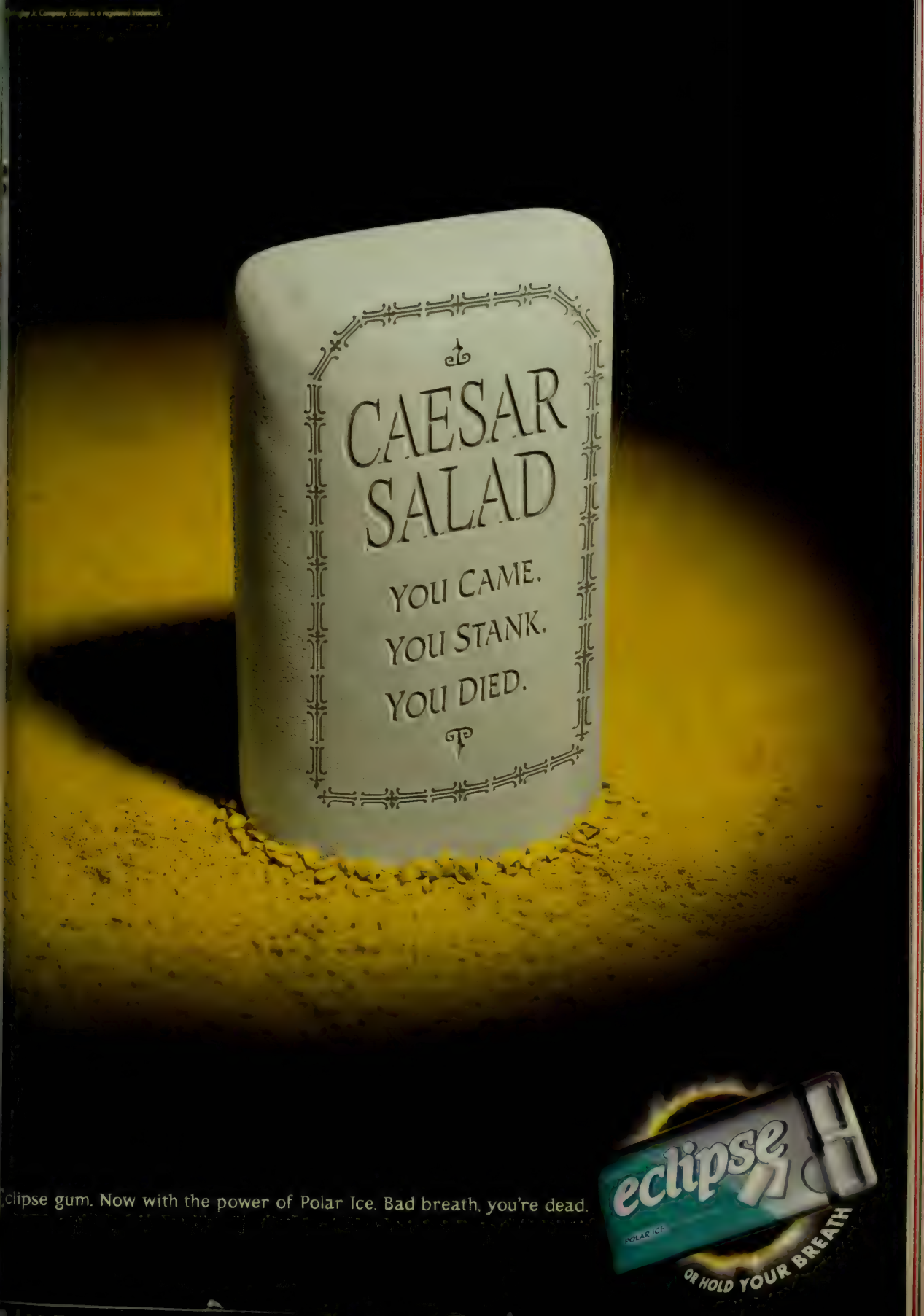
1. Preheat oven to 350° F. In small bowl combine the salt, cumin paprika, pepper, cinnamon, an cloves. Sprinkle ribs with the spic mixture, rubbing it over entire sur face. Place ribs, bone side up, in shallow roasting pan. Bake, covered for 1¼ hours; drain.

2. Meanwhile, as ribs bake, in large saucepan bring the root beer t boiling. Boil gently, uncovered, unti root beer is reduced to 1¼ cups about 20 to 25 minutes. Remov from heat. Stir in the barbecue sauce tomato paste, vinegar, Dijon-styl mustard, and Worcestershire sauce Return sauce mixture to boiling. Boi gently, uncovered, for 1 minute Remove from heat; set aside.

3. Turn the drained ribs meaty sid up. Spoon about half of the root bee sauce over the ribs. Bake, uncovered for 45 minutes more, basting once o twice with the remaining sauce Spoon sauce over the ribs to serve Makes 4 main-dish servings.

Nutrition facts per serving: 54 cal., 24 g total fat (8 g sat. fat), 99 m chol., 1,186 mg sodium, 32 g carbo. 1 g fiber, and 49 g pro. Daily Values 8% vit. A, 7% vit. C, 5% calcium and 15% iron.

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October 2001 Categories: Stew for All: Share your favorite main-dish stew, whether it's meat, poultry, or vegetarian. Don't forget to list the vegetables you add for family appeal. And, how do you season it for that just-right flavor?

Cheese Appetizers: Spotlight cheese with your favorite recipe for dips, spreads, appetizer cheesecakes, or marinated cubes. Wrap cheese in pastry and bake, or mix a variety for a cheese ball served with fresh fruit or toasted baguettes.

This Month's Winners - Pages 197 and 198

$400 Winners: Janice Elder, Charlotte, N.C.; Anita Price, Midlothian, Va. $200 Winners: Tamara Bandstra, Grand Haven, Mich.; Christine McLaughlin, Methuen, Mass. $50 Honor Roll Winners: Alma Carey, Sarasota, Fla.; Catherine Dalrymple, Santa Rosa, Calif.; Juanita M. Ferejohn, Durham, N.C.; Amal George, Warren, N.J.; Debbie Hall, Pleasant Grove, Utah; Jean Picard, Ventura, Calif.; Jane Shapton, Tustin, Calif.; Nancy Suarez, Miami, Fla.; Barbara Watson, St. Paul, Minn.; Elsie Wigdahl, Ruthven, Iowa.

Contest Rules: NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Stew for All" or "Cheese Appetizers." Specify brands and recipe origin. 3. Send recipes by postal mail to: 0110 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to ptr@mdp.com. 4. Entries must be postmarked by March 23, 2001, and received by March 30, 2001. E-mail entries must be posted by midnight, EST, March 23, 2001. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. The annual grand prize winner will be selected from the year 2001's top winners on or about October 1, 2001, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of GE Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*® editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send a self-addressed, stamped envelope to above address to receive winners list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for entries they are unable to process due to phone, network, electronic, or computer hardware or software failures, or technical failures of any kind. Subject to all U.S. federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners.

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see page 194 for details



$400 winner Turkish Chicken Thighs

Janice Elder, Charlotte, N.C.,
in the Chicken Drumsticks, Wings, and Thighs Category, March 2001

- ⅓ cup chutney
- 1 Tbsp. honey
- 1 Tbsp. lime juice
- 2 tsp. spicy brown mustard
- 1½ tsp. grated fresh ginger
- ¼ tsp. five-spice powder
- 8 skinless, boneless chicken thighs (about 2 lb.)
- 1 Tbsp. snipped fresh parsley
- 1 Tbsp. sesame seed, toasted
- 2 tsp. finely shredded orange peel

Snip any large pieces of chutney. In a small bowl combine chutney, honey, lime juice, mustard, ginger, and five-spice powder; set aside. Trim fat from chicken thighs.

To grill: Grill chicken on the rack of an uncovered grill directly over medium coals for 12 to 15 minutes or until chicken is done (180°F), turning once and brushing with chutney mixture during the last 4 to 5 minutes of grilling. (For gas grill, preheat grill. Reduce heat to medium; cover and grill as above.) *To broil:* Place chicken on rack of an unheated broiler pan. Broil 4 to 5 inches from heat for 12 to 15 minutes or until chicken is done (180°F), turning once and brushing with chutney mixture during last 4 to 5 minutes of broiling. In a small bowl combine parsley, sesame seed, and orange peel. To serve, place chicken on a serving platter. Sprinkle with the parsley mixture. Makes 4 to 6 servings.

Nutrition facts per serving: 384 cal., 11 g total fat (3 g sat. fat), 181 mg chol., 213 mg sodium, 24 g carbo., 1 g fiber, and 46 g pro. Daily Values: 0% vit. A, 33% vit. C, 4% calcium, and 14% iron.

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see page 194 for details



$400 winner Mango-Broccoli Salad

Anita Price, Midlothian, Va.,
in the Better-Than-Ever Broccoli Category, March 2001

- 4 cups chopped fresh broccoli
- 1 large ripe mango, peeled, pitted, and diced
- ½ cup cashews
- ½ cup finely chopped red onion
- ¾ cup bottled buttermilk ranch salad dressing
- 3 Tbsp. orange juice
- 1 Tbsp. prepared horseradish
- 1 11-oz. can mandarin orange sections, drained

In a large mixing bowl combine broccoli, mango, cashews, and onion. In another bowl combine ranch dressing, orange juice, and horseradish. Add to broccoli mixture; toss to mix. Top with drained mandarin orange sections. Makes 8 servings.

Nutrition facts per serving: 207 cal., 16 g total fat (3 g sat. fat), 1 mg chol., 284 mg sodium, 16 g carbo., 3 g fiber, and 3 g pro. Daily Values: 0% vit. A, 109% vit. C, 4% calcium, and 5% iron.

PHOTOGRAPHS: KIM CORNELISON



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$200 winner Broccoli Lasagna

Christine McLaughlin, Methuen, Mass.,
in the Better-Than-Ever Broccoli Category, March 2001

Preheat oven to 425°F. Place a steamer basket in a 4-quart Dutch oven. Add water just below bottom of steamer basket; bring to boiling. Meanwhile, trim and cut up 2 bunches broccoli (you should have about 8 cups). Add broccoli to steamer basket. Cover and reduce heat. Steam for 4 to 5 minutes or until crisp-tender. Cook 12 dried lasagna noodles according to package directions. Drain noodles; rinse with cold water. Drain well. In a small bowl stir together one 15-ounce carton ricotta cheese, ¼ cup grated Parmesan cheese, 1 slightly beaten egg, and 2 tablespoons snipped fresh parsley; set aside.

For sauce, drain one 12-ounce jar roasted red sweet peppers; in a blender container puree until almost smooth. In a large skillet melt ¼ cup butter; stir in ¼ cup all-purpose flour and 2 cloves garlic, minced. Cook and stir 1 minute. Gradually add 3 cups milk and pureed peppers. Cook and stir until thickened and bubbly. Stir in ½ teaspoon salt; ½ teaspoon dried basil, crushed; and ¼ teaspoon pepper. Coat a 3-quart rectangular baking dish with nonstick cooking spray. Spread ¾ cup of the sauce in dish. Arrange 3 lasagna noodles over sauce. Carefully spread ⅓ of the ricotta mixture over noodles. Top with ⅓ of the broccoli. Using a total of 2 cups shredded Monterey Jack cheese, sprinkle ½ cup of the cheese over broccoli. Repeat layers 2 more times beginning with sauce. Top with remaining noodles and sauce. Bake, covered, 20 minutes. Uncover and sprinkle with remaining ½ cup Monterey Jack cheese and 3 tablespoons grated Parmesan cheese. Bake 10 minutes or until heated through. Let stand 10 minutes. Makes 10 main-dish servings.

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$200 winner Chicken Osso Buco

Tamara Bandstra, Grand Haven, Mich.,
in the Chicken Drumsticks, Wings, and Thighs Category, March 2001

- 8 medium chicken drumsticks (about 2 lb.)
- 2 Tbsp. all-purpose flour
- 2 Tbsp. olive oil
- ½ cup chopped carrot
- ½ cup chopped onion
- ½ cup chopped celery
- 4 cloves garlic, minced
- ½ cup dry white wine or chicken broth
- 1 8-oz. can tomato sauce
- ¼ cup chicken broth
- 1 tsp. finely shredded lemon peel
- 1 Tbsp. lemon juice
- 1 sprig fresh thyme
- 1 bay leaf
- 2 cups dried penne pasta
- Snipped fresh parsley (optional)

Remove skin from chicken. Place flour in a plastic bag. Add chicken, a few pieces at a time, shaking to coat. In a 10-inch skillet brown chicken in hot oil over medium heat about 5 minutes per side or until golden. Remove chicken; set aside. Add carrots, onion, celery, and garlic to the skillet. Cook and stir for 4 to 5 minutes or until lightly browned. Carefully add wine to skillet, scraping up any browned bits. Stir in tomato sauce, the ¼ cup chicken broth, the lemon peel, lemon juice, thyme, and bay leaf.

Return chicken to skillet. Bring mixture to boiling; reduce heat. Cover and simmer for 35 to 40 minutes more or until chicken is done (180°F). Discard thyme and bay leaf. Meanwhile, prepare penne according to package directions. Drain well. To serve, spoon chicken and sauce over pasta. Garnish with snipped parsley, if desired. Makes 4 servings.



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The Moody Cues

by Jacqueline Marcus, Registered Dietitian

When that chocolate chip cookie calls out your name, or a pile of mashed potatoes beckons, go ahead and help yourself.



Those foods just might make you feel good, as long as yo remember the moderation rule.

Think about the last time you had a wedge of hom made apple pie, still warm from the oven. For some few bites can induce euphoria. There are reasons f that feeling, says Elizabeth Somer, a registere dietitian and author of *Food and Mood: The Comple Guide to Eating Well and Feeling Your Best.* "Mar people ignore the profound effects food can have mood, intellect, and energy. When you make the rig food choices, you're providing fuel for a healthy bod a good mood, an active mind, and a high energy level Somer says.

Food can get you going in the morning, keep yo alert at midday, and lull you to sleep at night. Tak for example, carbohydrates. They're linked to th brain chemical serotonin, which tends to soothe an calm. That may explain why high-carbo foods, suc as chicken potpie, mashed potatoes, pudding, an macaroni and cheese, are at the top of the list comfort foods. A little too much serotonin, howeve may make you drowsy.

Carbo planning

Strategic carbo-eating is key to preventing post-lunc slumps, as well as midafternoon munchies, says Judi Wurtman, Ph.D., program director of Triad Weigh Management and research scientist at Massachuset Institute of Technology. Carbohydrates in such foods bananas, bread, milk, turkey, and tomatoes elevate sero tonin levels, which tend to peak in late morning, the plummet a few hours later. That's when you rush your refrigerator or the nearest vending machine.

To keep your mood stable throughout the da Wurtman advises keeping mea and snacks small while focusin on complex carbohydrates, suc as whole grains, starchy veget bles, or legumes. For breakfas

continued on page 2

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The Moody Cues continued from page 202

have whole grain cereal with low-fat milk (or yogurt) and fresh fruit. Pair multigrain bread with turkey (or chicken) breast and raw veggies for lunch. Serve brown rice (or beans) with broiled fish for dinner.

Still hungry? Select fresh fruit to complete lunch and dinner.

Skip the sugar-laden soft drinks, pastries, or candy bars at midday. Instead, snack on whole-wheat pretzels or sip an unsweetened beverage. Other soothing carbohydrate-rich, between-meals snacks include whole grain crackers, brown-rice cakes, bran cereal, or bread. Wurtman's research showed that eating a 1- to 2-ounce slice of bread had a calming effect on most people.

The energizers

Protein manipulates our moods too. Tyrosine, an amino acid that is found in protein foods, boosts two brain chemicals, dopamine and norepinephrine. This dynamic duo stimulates the central nervous system, increases energy, and improves concentration, alertness, and performance. So, when sharpness counts, make protein your food of choice. Select high-protein grilled chicken, fish, or beef. You'll reap benefits from a 3- to 4-ounce serving in two or three hours.

Proteins aren't the only movers and shakers. Selenium, essential fatty acids, and calcium may also impact mood. People lacking selenium show signs of anxiety, irritability, and depression. When a selenium deficiency is corrected, mood improves. Selenium may have a neurological function, but scientists haven't pinpointed how it works in the brain.

The recommended allowance for selenium is 55 micrograms. You can easily find this amount in food. Just one Brazil nut contains 51 micrograms. Four ounces of seafood has about 38 micrograms of selenium, and 4 ounces of lean meat or chicken contain 23 micrograms. Because selenium can be toxic at doses above 250 micrograms, be careful about taking selenium supplements.

An adequate intake of essential fatty acids (EFAs) may prevent depression. People suffering from depression have 40 percent fewer EFAs in their brains than healthy individuals. Two or three 3-ounce servings of fatty fish, such as salmon, herring, or mackerel, each week should be part of your healthy eating plan. Flaxseed and purslane are two good vegetable sources of EFAs.

Other mood researchers believe calcium eases mood swings, depression, irritability, and nervousness in women suffering from premenstrual syndrome (PMS). In a study by Dr. Susan Thys-Jacobs at Mt. Sinai Medical Center in New York, 75 percent of women with PMS who took a 1,000-milligram calcium supplement daily for three months reported fewer symptoms. Just 1 cup of nonfat milk, about 1 cup of cooked spinach, or a container of yogurt works too.

THE FEEL-GOOD FOOD FACTS

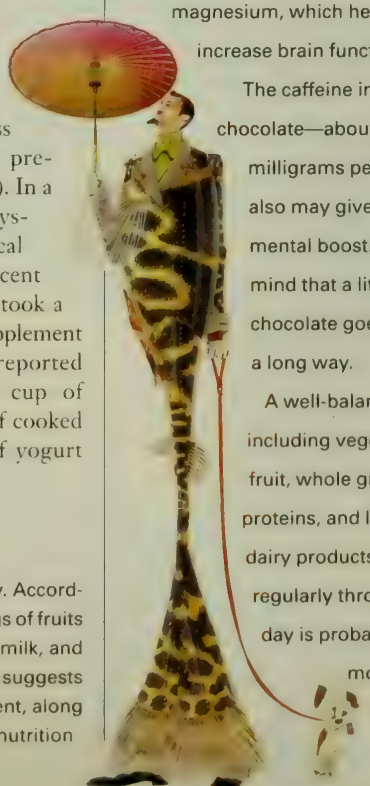
Nutrition experts agree that a "balanced" diet should keep you healthy. According to Elizabeth Somer, your daily diet should include five to nine servings of fruits and vegetables, six to eleven of whole grains, three glasses of low-fat milk, and two servings of extra-lean meat, chicken, fish, or legumes. Somer also suggests you consider taking a balanced multiple vitamin and mineral supplement, along with extra calcium, magnesium, and vitamins C and E. However, other nutrition experts advise meeting your nutritional needs strictly through food.

A brownie
FOR THE BLUES

If you think a chocolate chip cookie makes you feel good, a brownie might be even better at battling the blues, says Adam Drewnowski, Ph.D., a food mood researcher at the University of Washington. "Chocolate is a perfect blend of ingredients that stimulates feel-good endorphins and boosts calming serotonin," he says.

Chocolate also is filled with phenylethylamine, a brain chemical that is released when two people fall in love. Plus, the sweet treat contains theobromine and magnesium, which help increase brain function. The caffeine in chocolate—about 6 milligrams per ounce—also may give you a mental boost. Bear in mind that a little chocolate goes a long way.

A well-balanced diet—including vegetables, fruit, whole grains, lean proteins, and low-fat dairy products—eaten regularly throughout the day is probably the best mood regulator of all.







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Just Once a Month

FDA Approves Contraception Injection

For the first time in eight years, women have a new birth control option: a once-a-month injection given at the doctor's office for about $35 per visit.

The Food and Drug Administration approved the sale of Lunelle (a combination of the hormones progestin and estrogen) after clinical trials showed it more than 99 percent effective when administered as scheduled.

Researchers compared the effects of Lunelle to those of Ortho-Novum 7/7/7, a leading oral contraceptive. After 15 cycles of use, none of the 782 women receiving Lunelle had unintended pregnancies, but two out of the 321 women taking the 7/7/7 pill did.

The side effects are similar to those of other hormon contraceptives: breast pain, weight gain, headaches, a nausea. Dr. Andrew Kaunitz, a professor of obstetri and gynecology at the University of Florida College Medicine at Jacksonville, directed the final stage of t study. He said all of the participants were medical followed for 60 weeks after their initial shots, and no discontinued the injections because of severe side effec

Monthly injections especially may appeal to wom concerned about forgetting daily birth control pil Still, they'll need to remember: A follow-up injection required no later than 33 days after the previous shot.

The pill has been used since the early 1960s, and nearly 10 million women in the United States now use it.

—Indiana University Health Center

continued on page 2


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So Cool. So Fast. So Crash!



What's up with scooters? Sales for one thing. And injuries too.

Scooters weigh less than 10 pounds but zip up to 10 miles per hour. That kick increases risk of accident. Riders going too fast down hills often end up kissing concrete. The Consumer Product Safety Commission reported more than 30,000 scooter-related injuries treated in emergency rooms last year.

Still, you don't need to corral your kids' scooters. This cool ride can be a safe activity if your family takes precautions. "I actually think the scooter craze is a good one in this day and age when kids aren't as active as they need to be," says Teresa Schuemann of the American Physical Therapy Association.

The National Safe Kids Campaign offers these guidelines:

Equipment: Buy age-appropriate scooters with braking systems and slower bearings. Make sure your kids wear properly fitted padded helmets, knee pads, and elbow pads.

Safety first: Get your kids to stretch before and after riding. Encourage them to ride on smooth, paved surfaces free from traffic. They also should avoid downhill thrills and night riding. Supervise riders under age 8.

Periodic inspection: Check out family scooters for loose or broken parts, sharp edges on metal boards, a slick top surface, and cracked wheels.

Smokers, pour on the ketchup

Ketchup got a bad rap in the 1980s when it was labeled a vegetable in the federal school lunch program. Recent research may redeem its stained reputation and even catch the attention of smokers.

The antioxidant properties of lycopene, a carotenoid found in tomato-based foods, may reduce the risk of developing lung cancer by 20 to 25 percent, say researchers at Harvard University. The findings, reported in the *American Journal of Clinical Nutrition*, are based on a 10-year study of more than 124,000 men and women.

Cooked tomato products contain the most lycopene. Eating at least five ½ cup servings of pasta sauce, tomato soup, tomato-based vegetable juice, and ketchup every week may reduce the risk of lung cancers—80 percent of which are caused by smoking. Lycopene may protect against intestinal and prostate cancers too.

But remember: Quitting smoking is the best way to avoid lung cancer.

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by Michele Meyer



Antibiotic Resistance

At 21, Amanda Marie May's biggest dilemma was whether to pursue a career on stage or screen. Then, last year, the actress-singer-dancer got a sore throat—inconvenient, but no crisis to the otherwise healthy Amanda.

But her acting classmates and family were shocked when she was hospitalized days later. *Fusobacterium*—germs that normally live harmlessly in the mouth and intestines—had invaded her bloodstream, causing her lungs to collapse and, soon afterward, a heart attack.

Doctors inserted a breathing tube, which allowed *Pseudomonas* bacteria to infiltrate her lungs. (*Pseudomonas* can cause hospital-acquired infections, with victims including individuals on respirators or with indwelling catheters, burn patients, and immunocompromised people.) The super-bug resisted all antibiotics in the hospital's arsenal.

Amanda died.

Such unexpected deaths have become frighteningly more common as germs appear to be gaining the upper hand in the fierce battle against antibiotics—quite a reversal of fortune from the late 1940s. Back then, people believed science had struck a blow against infectious diseases. Antibiotics were vanquishing tuberculosis and other life-threatening bacterial diseases. But in the 1950s, penicillin began to lose its power to cure infections caused by *Staphylococcus aureus*, a common bacteria found on the skin that can cause a range of problems, including stitch abscesses, pneumonia, meningitis, endocarditis, and sepsis. By the early 1990s, health experts no longer believed that infectious diseases were declining.

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Antibiotic Resistance

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Today, drug-resistant bacteria strike with alarming results. They account for three of five hospital-acquired infections, affecting nearly 2 million Americans. Preferred antibiotic drugs used for years are now outgunned by certain strains of *Mycobacterium tuberculosis*, *Enterococcus* (which can be pathogenic in certain circumstances and cause urinary tract infections, wound infections, and endocarditis), *Staphylococcus aureus*, *Pseudomonas*, and *Acinetobacter* (linked with hospital-acquired infections, such as pneumonia, meningitis, and skin and wound infections). In addition, three of the most common antimalarial drugs are useless in Thailand and parts of Cambodia.

Germs can reproduce every half-hour. "When you hit bacteria with antibiotics, particularly at low doses, their response often is not to die but to become resistant," says Jerome Schentag, Pharm.D., pharmacy professor at State University of New York at Buffalo. "One resistance leads to another."

Scientists have stepped up development of new antibiotics. But the math is not on their side. It takes at least 10 years, and hundreds of millions of dollars, to create a new antibiotic. Two new ones (Synercid and Zyvox) debuted in the past year; however, no others are on the near horizon.

So what can you do while waiting for future pharmaceutical warriors? Be conservative about taking antibiotics and arm yourself against lethal bugs. Here's how.

Don't demand or expect antibiotics. They offer no benefits in treating colds and other viral infections, the cause of 80 percent of all fevers and inflammations. Viruses, not bacteria, cause colds and flu.

As much as half of all antibiotics are prescribed wrongly, despite recent efforts to educate doctors and patients, according to the Institute of Medicine. "The overuse of antibiotics is the driving force of bacteria to become resistant," says David Bell, M.D., antimicrobial resistance coordinator at the Centers for Disease Control and Prevention (CDC) in Atlanta.

Neither you nor your child needs an antibiotic for green or thick nasal mucus, a normal progression of a cold, for which antibiotics are of no use. Just because you have a few days of fever or two weeks of a sore throat or cough does not mean you've got anything more than a cold.

ANTIBIOTIC PRIMER

When it comes to antibiotics, you've got to be very careful. Taken with the wrong food or beverage, your medicine may be rendered ineffective or lethally potent.

Here are some things to keep in mind:

- Follow the timing schedule suggested by your doctor or pharmacist.
- Read warning labels to determine what foods should not be consumed with your medicine. Also, avoid hot beverages lest the heat render the drug ineffective. When in doubt, take drugs with water. Check with your doctor or pharmacist if you have ques tions about which foods and beverages can be consumed with your medicatio
- Some antibiotics (such as cipro, or ciprofloxacin, commonly used for urinat tract infections) cannot be taken with calcium or calcium-fortified foods, such a fortified orange juice, because the mineral binds with the drug, decreasing i absorption. Products intended for the stomach, such as antacids, including Tum Maalox, or Mylanta, and foods containing aluminum, magnesium, and iron ma have the same effect. Take these drugs one hour before or two hours after a me to avoid this problem.
- Don't take the widely used antibiotic penicillin with acidic foods or drinks—suc as apple juice, wine, or cola—because they may destroy the antibiotic before has time to work in the stomach.
- Don't stir medicine into your food, chew or crush pills, or open capsules unles your doctor or pharmacist tells you that it is safe to do so. Chewing or crushin the drug can release too much of the drug too soon. This can be toxic if a drug sustained-release, and therefore intended to give its effect over a longer perio of time.

"There are clear guidelines when to treat for sinusiti tenderness over the sinuses around the nose or above o the forehead. If all you have is a snotty nose, there is n need to treat it for at least 10 days because it's probabl the common cold and it is going to get better," says Jo Abramson, M.D., who is chair of pediatrics at Wak Forest University School of Medicine in Winston-Salem North Carolina.

Similarly, avoid antibiotics for a sore throat, unless a cu ture or rapid strep test reveals strep throat. Monitor you symptoms. If they get worse or last longer than the doc tor warned, contact him or her for further treatment.

Proceed slowly and cautiously. "If you had an antib otic recently, you're three to nine times more likely to hav a resistant infection than someone who has not had a antibiotic," says Richard Besser, M.D., medical epidem ologist and pediatrician at the CDC's Respiratory Disease Branch in Atlanta.

The message gradually is getting out: An annual su vey of 2,500 doctors conducted by the CDC's Nation Center for Health Statistics showed that the antibiot prescription rate dropped 12 percent from 1989–90 t 1997–98 for children under the age of 15 brought to doctor's office because of an earache, bronchitis, sor throat, sinus infection, or upper respiratory infectio many of which are viral in origin.

continued on page 2





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Antibiotic Resistance

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Don't consider antibiotics an automatic response to ear infections. If your doctor urges painkillers and watchful waiting for a day or two, follow his or her advice. And, once again, if your child appears to get noticeably worse, be sure to contact the doctor immediately.

Finish the full course of antibiotics, even if you feel better. Otherwise, you may leave behind the most virulent organisms to continue to grow and breed. Never share antibiotics or hoard them for another time or take "preventive" low doses, all of which spur resistance, explains Stuart Levy, M.D., who is director of the Center for Adaptation Genetics and Drug Resistance at Tufts University in Boston.

Stick to the small guns. "The more often a drug is used, the more likely bacteria are to develop resistance to it," says Scott Fridkin, M.D., medical epidemiologist for hospital infections at the CDC. So you're best off using the antibiotic with the smallest group of bacteria affected—one for a particular illness.

Consider vancomycin, as well as the new big guns Zyvox and Synercid, as the last resort. Zyvox (linezolid) debuted last April to treat hospital-acquired infections, pneumonia, and infections of soft tissue and skin that are resistant to current antibiotics.

Synercid (quinupristin/dalfopristin) is an intravenously administered antibiotic. Though it arrived on the market in late 1999, it's already viewed as one of the few drugs effective against the vancomycin-resistant *Enterococcus* and vancomycin-resistant *Staphylococcus*.

Don't overarm yourself with antibacterial scrubs soaps, mouthwashes, and toys. Certain antimicrobials—triclosan, triclocarban, and chlorhexidine—may kill some bacteria strains, but they also can strengthen the survivors. "These products should be reserved for hospitals and sick patients coming home for treatment," says Levy. "All you need is soap and water in the healthy household."

"To avoid the spread of germs, wash before you eat and after you use the bathroom, change diapers, or shake hands. A lot of viral illnesses are passed hand-to-mouth," says Levy. Closing the toilet lid before flushing prevents the spray of germs.

"But don't get obsessive," Levy adds. "It's OK to expose kids to germs. If you confront an organism at an earlier



age, you build immunity to it."

Lower your child's risk of ear infection by keeping him or her away from smokers. Studies show that children who are not exposed to tobacco smoke are less likely to get ear infections, says Bruce Canaday, Pharm.D., past president of the American Society of Health System Pharmacists in Bethesda, Maryland, and clinical professor of pharmacy and medicine at the University of North Carolina in Wilmington.

Have your kids vaccinated. The American Academy of Pediatrics suggests the new vaccine Prevnar for all children under 24 months. Released last summer, Prevnar helps prevent diseases caused by the most common invasive bacterium in kids: *Streptococcus pneumoniae*. Every year these cause meningitis, bloodstream infections, and pneumonia in children under 5.

Prevnar targets the seven strains of pneumococcus that cause up to 80 percent of all pneumococcal invasive disease in children under 6 years old in the United States. These strains also are among the most antibiotic resistant. Prevnar should be given along with other recommended childhood vaccines at 2, 4, and 6 months, and at 12 to 15 months. The number of doses required depends upon the age at which vaccination is initiated.

While Prevnar has little effect on ear infections, reducing the risk by a mere 10 percent, a new vaccine under development is expected to cut cases of ear infections by 30 percent in children who are under 6 years of age. The yet-to-be-named vaccine may be available in the 2001-2002 flu season, says S. Michael Marcy, M.D., a staff pediatrician at Kaiser Foundation Hospital in Panorama City, California.

Take precautions when caring for a patient at home. The Centers for Disease Control and Prevention suggest certain practices. Wash your hands regularly with soap and water after contact with the sick person. Use towels only once for drying. Wear disposable gloves if you expect to have contact with body fluids, and wash your hands after removing the gloves. Linens should be changed and washed if soiled and on a routine schedule. Clean the patient's surroundings on a regular basis and when soiled with body fluids.

Even as health professionals wage war against infectious diseases, it's important to note that most germs are not foes. They digest food, process vitamins, and protect us from bacteria that cause disease, explains Levy. "We should think of microbes as friends, with a few backstabbers in the bunch." ⌂

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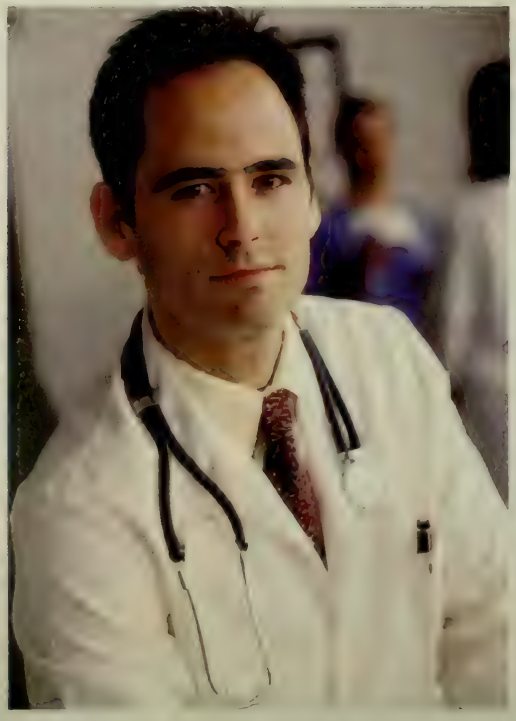
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Actonel®
(risedronate sodium tablets)

Fight for your bones the way you'd fight to save your heart, your mind, even your teeth. Even health-conscious women can let menopause take as much as 25% of their bone before they know it. Just being Caucasian or Asian can increase your risk for postmenopausal osteoporosis. Family history or smoking are also factors. And these are just a few of the risks. Sadly, calcium alone may not be enough to protect you from bone loss and fracture.

Fight back with one of the strongest allies you can have—your doctor. Ask about Actonel, a proven weapon in the battle against postmenopausal osteoporosis. Actonel is a nonhormonal prescription medicine that helps your bones become more fracture resistant by actually reversing bone loss.

You should not take Actonel if you have low blood calcium, severe kidney disease, or cannot sit or stand for 30 minutes. Stop taking Actonel and tell your doctor if you experience difficult or painful swallowing, chest pain or severe or continuing heartburn because these may be signs of serious upper digestive problems. Side effects are generally mild or moderate and may include stomach pain or upset, or constipation. Follow dosing instructions carefully.

To learn more about Actonel and osteoporosis, talk to your healthcare provider, call toll-free 1-877-Actonel, or visit www.actonel.com.

Never give up on your bones and never surrender to osteoporosis.
Act now with Actonel.



HER RESULT

Only Actonel is proven to reduce the risk of spinal fractures in the very first year.
Turn the page for additional information on Actonel and osteoporosis.

Important Information for You About Actonel and Osteoporosis

ACTONEL® (AK-toh-nel) Patient Information generic name: (risedronate sodium tablets)

This leaflet tells you about ACTONEL and how to take it. Read this information carefully before you begin taking ACTONEL. It is important to take ACTONEL exactly as recommended. Read this information each time your prescription is refilled in case new information is available. This leaflet does not take the place of discussions with your health care provider because it does not describe all the risks and benefits of ACTONEL. ACTONEL can be prescribed and dispensed only by licensed health care professionals; they have information about your medical condition and more information about ACTONEL. Talk with your health care provider about ACTONEL before you start taking the medicine and during your regular checkups.

What is the most important information I should know about ACTONEL?

Take ACTONEL once a day or as directed by your health care provider. You must take ACTONEL exactly as recommended so that it will work and to reduce the risk of harmful side effects (see ***How should I take ACTONEL?***).

What is ACTONEL?

ACTONEL is a drug to treat and prevent osteoporosis. ACTONEL can reverse bone loss and help reduce the risk of breaking bones (fractures) by stopping further loss of bone and increasing bone mass. ACTONEL is not a hormone like estrogen (hormone replacement therapy used in postmenopausal women). Therefore, it does not have all the benefits and risks of estrogen.

What is osteoporosis?

Osteoporosis is a disease that causes bones to become thinner. Thin bones can break easily. Most people think of their bones as being solid like a rock. Actually, bone is tissue, just like other parts of the body—your heart, brain, or skin, for example. Bone just happens to be a harder type of tissue. Bone is always changing. Your body keeps your bones strong and healthy by replacing old bone with new bone.

When someone has osteoporosis, the body removes more bone than it replaces. This means that bones get weaker and are more likely to break. Osteoporosis is a bone disease that is quite common, especially in older women. However, young people and men can develop osteoporosis, too.

Osteoporosis can be prevented, and with proper therapy it can be effectively managed.

How can osteoporosis affect me?

In the early stages of osteoporosis, people often have no pain or other symptoms. As bones become weaker, they are more likely to break when someone falls—or even without a fall. While osteoporosis can affect any bone, the spine, wrist, and hip are the bones most likely to break. People with osteoporosis may "shrink" (lose height), develop a curved back, or have severe back pain that forces them to limit their activities.

Who is at risk for osteoporosis?

Many things put people at risk for osteoporosis. Some are just part of who you are, like being a woman, going through menopause or already being postmenopausal, being Caucasian or Asian, being thin, or having a family history of osteoporosis. Other factors include not getting enough calcium or vitamin D, having an inactive lifestyle, smoking cigarettes, or drinking too much alcohol. Long-term use of cortisone-type medicines (such as prednisone) can also cause osteoporosis in both men and women of all ages.

Who should not take ACTONEL?

Do not take ACTONEL if you have:

- low blood calcium (hypocalcemia)
- the inability to sit or stand upright for 30 minutes
- an allergy to ACTONEL
- severe kidney disease

If you are pregnant or nursing (breast-feeding), or have severe kidney disease, talk to your health care provider before taking ACTONEL.

How should I take ACTONEL?

Take ACTONEL once daily or as directed by your health care provider. It is important to take ACTONEL as recommended so that you can benefit from the medicine. Following these recommendations also helps ACTONEL work correctly and helps you avoid possible irritation of the esophagus, the tube connecting the mouth and the stomach.

Take one ACTONEL tablet first thing in the morning while in an upright position (sitting or standing) before you have anything to eat or drink (other than plain water). Do not eat or drink anything except plain water for 30 minutes after taking ACTONEL.

Remember:

- Take one ACTONEL tablet with 6 to 8 ounces (about 1 cup) of plain water (not coffee, tea, or juice, and ***especially not milk or other dairy products***).
- After taking ACTONEL, wait at least 30 minutes before lying down. You may sit, stand, or do normal activities like read the newspaper, take a walk, etc.
- Swallow ACTONEL whole rather than chewing it or waiting for it to dissolve.
- If you take vitamins, calcium, and antacids, take them at a different time of the day from when you take ACTONEL, at least 30 minutes after you take ACTONEL.
- If you forget to take ACTONEL, do not double your next dose. Simply take ACTONEL as you normally would for your next dose.
- You should continue to take ACTONEL for as long as your health care provider recommends. ACTONEL can treat your osteoporosis or help keep you from getting osteoporosis only if you continue to take it.

What should I avoid while taking ACTONEL?

Foods and some supplements and medicines can stop your body from absorbing ACTONEL. Therefore, do not take these products at or near the time you take ACTONEL: food, milk, calcium supplements, or calcium-, aluminum-, or magnesium-containing medicines, such as antacids (see ***How should I take ACTONEL?***). Ask your health care provider if there is anything else you should avoid while taking this medicine.

What are the possible side effects of ACTONEL?

Most people have no problems with ACTONEL. However, ACTONEL may cause side effects. The side effects from ACTONEL are usually mild. They generally do not cause patients to stop taking ACTONEL.

In studies of ACTONEL in patients with osteoporosis, the most common side effects were reported about as often with ACTONEL as with placebo (sugar pill). They include upset stomach, abdominal (stomach area) pain, constipation, diarrhea, gas, and headache.

This summary does not include all the possible effects of ACTONEL. Talk to your health care provider about possible side effects. Tell your health care provider if you feel discomfort in your stomach or esophagus (the tube connecting the mouth and the stomach). Stop taking ACTONEL and tell your health care provider right away if swallowing is difficult or painful, if you have chest pain, or if you have severe or continuing heartburn.

Other important information

How can I tell if ACTONEL is working?

ACTONEL can build bone mass in most people who take it, even though they won't be able to see or feel a difference. Your health care provider can measure the thickness (density) of your bone to check your progress. This is called a bone mineral density measurement.

What if I have other questions about ACTONEL?

If you have questions about ACTONEL, ask your health care provider or pharmacist.

If you want to read more about ACTONEL, ask your health care provider or pharmacist for the labeling written for health care professionals.

For more information, call 1-877-ACTONEL (toll free) or visit our web site at www.actonel.com.

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and
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Actonel
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Get your husband to invest a few minutes in cancer screenings. The effort may buy you more years to share.

Cancers Below the Belt

by Kathleen M. Heins

Your husband probably spends more time and money on his car than his health. "We're far more likely to get our car's oil changed and tires rotated at appropriate intervals than we are to take ourselves to lifesaving cancer screenings," says Moshe Shike, M.D., director of the Cancer Prevention and Wellness Program at Memorial Sloan-Kettering Cancer Center in New York City.

Looking under the hood of a car is an easier, and certainly less intimate, chore than checking for prostate, testicular, or bladder cancer. People tend to put off screenings because of busy schedules, embarrassment, or dread of discomfort—though professionals are trained to make these procedures as comfortable and unimposing as possible. A few minutes at the doctor's office pays off. "Discovered early, most cancers have a cure rate of up to 90 percent," says Shike.

"A lot of people walk around with symptoms and don't pay attention to them, delaying diagnosis," Shike adds. Share these facts about cancer screenings with your husband, son, or brother. They might save his life.

Prostate Cancer

Every year more than 180,000 new cases of prostate cancer are diagnosed in the United States. After lung cancer, it ranks as the second leading cause of cancer death in men.

The risk of developing prostate cancer increases with age. More than 75 percent of all prostate cancers occur in men older than 65, although these cancers can

continued on page 222



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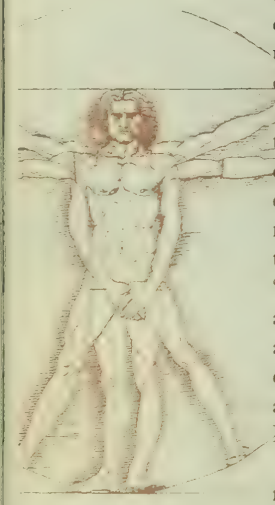
Use as directed for occasional sleeplessness

Cancers Below the Belt

continued from page 220

develop in those as young as 40. Men who have a family history of early prostate cancer (before age 55) or a personal or family history of enlarged prostate have a greater chance of developing prostate cancer. African American men are twice as likely to die from it. A diet low in fiber and high in fat and red meat also may be associated with increased risk.

Symptoms include a weak or interrupted urine flow; inability to urinate; difficulty starting or stopping urine flow; the need to urinate frequently, particularly at night; a burning sensation during urination; blood in the urine; painful ejaculation; and chronic pain in the lower back, hips, or upper thighs.



Most men diagnosed early with testicular cancer go on to live normal reproductive lives.

Screening. The two most widely-used tests, the prostate specific antigen (PSA) blood test and digital rectal exam (DRE) help detect prostate cancer in early stages—when treatment can be most effective. Given together, both tests supply the doctor with the most accurate information. "Well over 90 percent of men who undergo annual screening with a PSA and DRE and who are found to have prostate cancer have localized disease," says Ian Thompson, M.D., professor and chief of urology at the University of Texas Health Science Center in San Antonio.

The American Urological Association says all men of appropriate age should receive counseling about early detection. The group advocates offering routine prostate cancer tests to men who expect to live 10 years or longer and who are over 50, over 40 and have a family history of the disease, or over 40 and African American.

The PSA has made a tremendous impact. "Since the inception of the PSA blood test, prostate cancer deaths in the United States have fallen for the first time after having climbed since record keeping began," says Thompson.

In general, PSA levels lower than 4.0 ng/ml are deemed normal. Doctors consider further evaluation when levels are higher.

Though slightly uncomfortable, the DRE is quick. The doctor inserts a gloved, lubricated finger into the rectum to check for any irregular or abnormally firm area.

"A man with an elevated PSA or a suspicious DRE should seek out the care of a urologist," says Thompson. "These specialists are skilled in diagnosing and treating prostate cancer. If a PSA is elevated, a prostate biopsy is the only method to determine if prostate cancer is the cause." This outpatient procedure takes 10 to 15 minutes.

A word of caution: Before the biopsy, anyone taking aspirin, medicine for arthritis, or any medicine that thins the blood needs to inform his doctor. The physician also needs to know whether the patient has a heart murmur or any artificial or transplanted material in his body.

"During the biopsy, the urologist uses a narrow probe that is placed through the rectum and next to the prostate where it takes sound-wave images of the gland," explains Thompson. "After the gland is carefully inspected, biopsies are taken from several separate parts of the gland, using the ultrasound probe for guidance. The biopsies are usually taken with a special instrument that instantaneously removes the tissue." An antibiotic given around the time of the biopsy, minimizes risk of infection.

Afterward, patients sometimes see a small amount of blood in the urine or stool. The ejaculate can be discolored for several weeks.

If the result of the biopsy is negative, the patient generally undergoes another PSA and DRE six to 12 months later.

Testicular Cancer

Testicular cancer is one of the few cancers that can be detected through men performing self-examination, says Robert Smith, M.D., director of cancer screening for the American Cancer Society. "Historically we know that men who are diagnosed late have been living with the symptoms and have been unaware of what they meant for some time. Testicular cancer is highly treatable but gets less treatable the longer you wait. Self-examination means finding this cancer at a more easily treatable stage." Most men diagnosed early go on to live normal reproductive lives.

The disease most commonly occurs in men 20- to 35-years-old and is four times more prevalent in whites than African Americans. Men who have a testicle that didn't descend into the scrotum at birth may be at increased risk. Each year 7,500 cases are diagnosed, with 300 men dying.

The National Cancer Institute (NCI) reports that those diagnosed with testicular cancer have an increased risk of developing other cancers and a fivefold greater chance of developing leukemia.

Symptoms include enlargement of either testicle or a lump; a feeling of heaviness in the scrotum; dull ache in the abdomen or groin; sudden collection of fluid in the scrotum; pain or discomfort in the scrotum area; or an enlargement

continued on page 22

"Look, I have asthma, but I also have a life."



GULAIR helps you control your asthma.

GULAIR is different from many daily inhaled trollers. It's not a steroid and it's a once-a-day let that can help control your asthma for a full hours.

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If your symptoms get worse or you need to increase the use of your rescue inhaler, call your doctor at once.

In clinical studies, side effects were usually mild, and included headache, flu, runny nose, and ear infection, and generally did not stop patients from taking SINGULAIR. Side effects varied by age. Check with your doctor if you're pregnant or nursing.

SINGULAIR is available in a 10-mg tablet for adults. It's also available in a 4-mg cherry chewable tablet for children 2–5 and a 5-mg cherry chewable tablet for children 6–14. SINGULAIR is available by prescription only.

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Please see the Patient Product Information on the next page and discuss it with your doctor.

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SINGULAIR®

(MONTELUKAST SODIUM)


10-mg tablet for adults


5-mg cherry chewable tablet for children 6–14


4-mg cherry chewable tablet for children 2–5

SINGULAIR® (Montelukast Sodium) Tablets and Chewable Tablets
Patient Information about
SINGULAIR® (SING-u-lair)
Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR®. Also, read the leaflet each time you renew your prescription, in case anything has changed. This leaflet does not take the place of complete discussions with your doctor. You and your doctor should discuss SINGULAIR when you start taking your medicine and at regular checkups.

What is SINGULAIR®?

- Your doctor has prescribed SINGULAIR once a day for the long-term treatment of your (or your child's) asthma.
- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma symptoms. SINGULAIR is not a steroid.
- SINGULAIR comes in 3 forms:
  1. A 10-mg tablet that you swallow whole (for adults and children above age 14).
  2. A 5-mg chewable tablet (for children ages 6–14).
  3. A 4-mg chewable tablet (for children ages 2–5).
- **SINGULAIR should NOT be used for the fast relief of asthma attacks.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.

What is asthma?

- Asthma is a continuing (chronic) lung disease. It cannot be cured, but it can be controlled.
- Symptoms of asthma include:
  - coughing
  - wheezing
  - chest tightness
- In some patients, symptoms worsen during the night or after exercise.

Who should not take SINGULAIR?

Patients with allergies to any components of SINGULAIR should not take SINGULAIR. The active ingredient in SINGULAIR is montelukast sodium. The inactive ingredients are listed at the end of this leaflet.

The safety and efficacy of SINGULAIR has not been established in children younger than age 2.

What should I tell my doctor before taking SINGULAIR?

Tell your doctor:

- If you are pregnant or plan to become pregnant. SINGULAIR may not be right for you.
- If you are breast-feeding. SINGULAIR may be passed in your milk to your baby.
- About any medical problems or allergies you have now or have had.
- About all medicines that you are taking or plan to take, including those you can get without a prescription.

How should I take SINGULAIR?

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR daily for as long as your doctor prescribes it, even if you have no symptoms.
- You may take SINGULAIR with or without food.
- Children who are prescribed SINGULAIR should take it under the supervision of an adult.
- If your symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, contact your doctor at once.
- **Do NOT take SINGULAIR to stop an asthma attack.** If an attack occurs, follow the instructions your doctor gave you for asthma attacks.
- It is very important that you continue taking your other asthma medicines unless your doctor tells you to stop. In addition, do not lower the dose of any of your asthma medicines unless you are told to do so by your doctor. Your doctor may decide to reduce the amount you use of your current asthma medicine.
- If your asthma is made worse by exercise, continue to use the medicines your doctor prescribed for you to use before exercise, unless your doctor tells you otherwise. Always have your inhaled rescue medicine for asthma attacks with you in case you need it.

  The dose for adults and adolescents 15 years and older is one 10-mg tablet daily. The dose for children 6 to 14 years old is one 5-mg chewable tablet daily. The dose for children 2 to 5 years old is one 4-mg chewable tablet daily.

What should I avoid while taking SINGULAIR?

- If your asthma is made worse by aspirin, you should continue to avoid aspirin or other non-steroidal anti-inflammatory drugs, such as ibuprofen and naproxen.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild.

- The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given placebo (a pill containing no medication).

The list below is NOT a complete list of side effects reported with SINGULAIR. Your doctor can discuss with you a more complete list of side effects. The most common side effects are listed below.

tiredness	headache
fever	rash
abdominal (stomach) pain	cough
stomach or intestinal upset (gastroenteritis)	flu
heartburn	stuffy nose
dizziness	

Less common side effects included the following:

- allergic reactions including
  - swelling of the face, lips, tongue, and/or throat, which may cause difficulty in breathing or swallowing
  - hives
  - itching
- bad/vivid dreams
- irritability
- restlessness
- insomnia
- nausea
- vomiting
- dyspepsia
- diarrhea
- muscle aches and muscle cramps

Rarely, patients taking SINGULAIR have experienced a condition that includes a combination of certain symptoms that do not go away or that get worse. These symptoms may include:

- a flu-like illness
- rash
- a feeling of pins and needles or numbness of arms or legs
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These have occurred usually, but not always, in patients who were taking oral corticosteroid pills for asthma and those corticosteroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, you must tell your doctor right away if you develop one or more of these symptoms.

Remember, anytime you have a medical problem you think may be related to SINGULAIR, talk to your doctor.

Other Information

Do not share SINGULAIR with anyone else; it was prescribed only for you. Do not use it for a condition for which it was not prescribed.

Keep SINGULAIR and all medicines out of the reach of children.

Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

This leaflet provides a summary of information about SINGULAIR. If you have any questions or concerns about either SINGULAIR or asthma, talk to your doctor. In addition, you can talk to your pharmacist or other health care provider. Your doctor or pharmacist can give you an additional leaflet that is written for health professionals.

Inactive ingredients:

4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.

10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, carnauba wax.

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Cancers Below the Belt

continued from page 222

or tenderness of the breasts. A dull ache associated with activity (and even at rest) may occur as the tumor grows, adds Smith. The tumor, however, should not cause pain during intercourse.

Screening. "Testicular cancer has a very simple screening test: self-examination," says Thompson. "Many testicular tumors, in fact, are discovered by men feeling an abnormality in the testis during a bath or shower." Warm water relaxes the scrotum, making it easier to examine. It's recommended that men examine the testes at least once a month by gently rolling each testicle between the thumb (on top) and the middle and index fingers (underneath). One testicle may seem slightly larger than the other, but that's not unusual. Cancerous lumps usually are found on the sides of the testicle but can appear on the front. Men need to report changes immediately to their doctor.

Bladder Cancer

More than 55,000 cases of bladder cancer are diagnosed yearly in the United States. Men are three times more likely to develop the disease than women. Bladder cancer occurs in whites at twice the rate of African Americans. Smokers also are at an increased risk for bladder cancer. People living in urban areas and those working in dye, rubber, and leather industries also are considered at higher risk. Individuals under 40 usually do not develop the disease.

Symptoms include experiencing the need to urinate but not being able to go. Any amount of blood in the urine may be a sign. Depending on the amount of blood, the urine may range from a pale yellow-red to a darker red. A routine urine test performed as part of a general medical checkup can uncover small amounts of blood otherwise not detectable. Although blood in the urine may be an early warning of bladder cancer, it may indicate kidney stones, urinary tract infections, or enlargement of the prostate gland.

Detection. The sooner most bladder cancers are found, the more treatable they are. Most doctors refer at-risk patients to a urologist for outpatient tests, such as urine cytology, an examination of urine under a microscope to find precancerous or cancerous cells.

An intravenous pylegram (IVP) is an X-ray exam that lasts about one hour. The doctor injects a dye into a vein. The solution travels to the kidneys, ureters, and bladder and outlines them on an X ray.

To view the inside of the bladder, the urologist performs a 15-minute cystoscopy by inserting a slender tube with a light and magnifying lens through the urethra and into the bladder. A suspicious growth or an abnormal area prompts a biopsy.

The best way to beat cancer is through early detection. So when one of the guys in your life is fiddling under the hood of the car, remind him to take time for his own preventive maintenance.

KNOWLEDGE IS POWER

What you know might save a life. For more information about prostate, testicular, or bladder cancer, talk to your family doctor. Or contact:

American Cancer Society
800/227-2345
www.cancer.org

National Cancer Institute
800/422-6237
www.nci.nih.gov

American Foundation for Urologic Disease
800/242-2383
www.afud.org

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Brief Summary
(For full prescribing information, see package insert)

INDICATIONS AND USAGE: Transderm Scōp is indicated for preven... nausea and vomiting associated with motion sickness in adults. The... should be applied only to skin in the postauricular area.

CONTRAINDICATIONS: Transderm Scōp is specifically contraindica... persons who are hypersensitive to the drug scopolamine or to othe... belladonna alkaloids, or to any ingredient or component in the formula... delivery system, or in patients with angle-closure (narrow angle) glau...

WARNINGS: Transderm Scōp should not be used in children and sho... used with special caution in the elderly. See PRECAUTIONS.

Since drowsiness, disorientation, and confusion may occur wi... use of scopolamine, patients should be warned of the possibility an... tioned against engaging in activities that require mental alertness, ... driving a motor vehicle or operating dangerous machinery.

Potentially alarming idiosyncratic reactions may occur with or... therapeutic doses of scopolamine.

PRECAUTIONS

General: Scopolamine should be used with caution in patients with ... obstruction, or urinary bladder neck obstruction. Caution should be ... cised when administering an antiemetic or antimuscarinic drug to pa... suspected of having intestinal obstruction.

Transderm Scōp should be used with special caution in the eldl... in individuals with impaired metabolic, liver, or kidney functions, beca... the increased likelihood of CNS effects.

Caution should be exercised in patients with a history of seizure d... chosis, since scopolamine can potentially aggravate both disorders.

Information for Patients: Since scopolamine can cause temporary d... of the pupils and blurred vision if it comes in contact with the eyes, pa... should be strongly advised to wash their hands thoroughly with soa... water immediately after handling the patch. In addition, it is importa... used patches be disposed of properly to avoid contact with children o...

Patients should be advised to remove the patch immediately an... tact a physician in the unlikely event that they experience sympto... acute narrow-angle glaucoma (pain in and reddening of the eyes a... panied by dilated pupils). Patients should also be instructed to remo... patch if they develop any difficulties in urinating.

Patients should be warned against driving a motor vehicle or ope... dangerous machinery while wearing the patch. Patients who engi... these activities should also be aware of the possibility of withdrawal s... toms when the patch is removed. Patients who expect to particip... underwater sports should be cautioned regarding the potentially dis... ing effects of scopolamine. A patient brochure is available.

Drug Interactions: Scopolamine should be used with care in p... taking drugs, including alcohol, capable of causing CNS effects. Sp... attention should be given to drugs having anticholinergic prope... e.g., belladonna alkaloids, antihistamines (including meclizine), an... depressants.

Carcinogenesis, Mutagenesis, Impairment of Fertility: No lon... studies in animals have been performed to evaluate carcinogenic po... Fertility studies were performed in female rats and revealed no evide... impaired fertility or harm to the fetus due to scopolamine hydrob... administered by daily subcutaneous injection. In the highest-dose g... (plasma level approximately 500 times the level achieved in humans ... a transdermal system), reduced maternal body weights were observ...

Pregnancy Category C: Teratogenic studies were performed in pr... rats and rabbits with scopolamine hydrobromide administered ... intravenous injection. No adverse effects were recorded in the rats ... rabbits, the highest dose (plasma level approximately 100 times th... achieved in humans using a transdermal system) of drug admin... had a marginal embryotoxic effect. Transderm Scōp should be ... during pregnancy only if the anticipated benefit justifies the potentia... the fetus.

Nursing Mothers: It is not known whether scopolamine is ex... in human milk. Because many drugs are excreted in human ... caution should be exercised when Transderm Scōp is administere... nursing woman.

Pediatric Use: Children are particularly susceptible to the side eff... belladonna alkaloids. Transderm Scōp should not be used in c... because it is not known whether this system will release an amo... scopolamine that could produce serious adverse effects in children.

ADVERSE REACTIONS: The most frequent adverse reaction to Tra... Scōp is dryness of the mouth. This occurs in about two thirds of th... ple. A less frequent adverse reaction is drowsiness, which occurs ... than one sixth of the people. Transient impairment of eye accommo... including blurred vision and dilation of the pupils, is also observed.

The following adverse reactions have also been reported on infr... occasions during the use of Transderm Scōp: disorientation; memo... turbances; dizziness; restlessness; hallucinations; confusion; difficu... nating; rashes and erythema; acute narrow-angle glaucoma; and dr... or red eyes.

Drug Withdrawal: Symptoms including dizziness, nausea, vo... headache, and disturbances of equilibrium have been reported in ... patients following discontinuation of the use of the Transderm Scop s... These symptoms have occurred most often in patients who have us... system for more than three days.

OVERDOSAGE: Overdosage with scopolamine may cause disorien... memory disturbances, dizziness, restlessness, hallucinations, co... psychosis, convulsions, bronchospasm and respiratory depressio... muscular weakness. Should these symptoms occur, the Transderm ... patch should be removed immediately, adequate hydration should be ... tained, and appropriate symptomatic treatment initiated.

CAUTION: Federal law prohibits dispensing without prescription.

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Transderm Scōp is more effective and longer lasting than Dramamine**at preventing the nausea and vomiting of motion sickness. Just peel off the backing and press it behind your ear at least four hours before boarding and relax. The medicine is stently absorbed for up to three days. You can even shower it. For shorter trips, remove the patch when no longer needed he effects wear off. ***In clinical studies, 5 out of 6 ple did not report drowsiness with isderm Scōp.***

Ask your doctor about Transderm Scōp when you make your travel plans.
Not for children or those with glaucoma, difficulty in urinating, or an allergy to scopolamine or other belladonna alkaloids. In clinical studies, some side effects were noted, including blurred vision, dryness of the mouth (in two-thirds of users) and drowsiness (reported incidence less than 1 in 6). While using this product, you should not drive, operate dangerous machinery or do other things that require alertness. Avoid using alcohol. If you are elderly, your physician should exercise special care in prescribing this product. See adjoining page for additional information on potential adverse reactions or side effects.
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Buying information

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Gardens, 1 Garden Lane, Hodges, SC 29695; 800/845-1124; free catalog. **Mina lobata**—Select Seeds, 180 Stickney Rd., Union, CT 06076-4617; 860/684-9310; catalog $3. **Golden Hop vine**—Logee's Greenhouses, 141 North St., Danielson, CT 06239-1939; 888/330-8038; catalog $3. Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401-1794; 541/686-8266; catalog $3. **Black-eyed Susan vine**—Thompson & Morgan, P.O. Box 1308, Farraday & Gramme Aves., Jackson, NJ 08527; 800/274-7333; free catalog. **Morning glory,** "Heavenly Blue"—Johnny's Selected Seeds, 1 Foss Hill Rd., Albion, ME 04910-9731; 207/437-4395; free catalog. **Mandevilla**—Logee's Greenhouses (address above). **Honeysuckle**—Wayside Gardens (address above).

Gardener's Almanac

Pages 114-116: Margarita sweet potato vine, sea holly, plants—White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/255-2852; free catalog. **Sea holly, seeds**—Thompson & Morgan, P.O. Box 1308, Jackson, NJ 08527; 908/363-2225. **Gold barberry**—Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401; 541/686-8266; catalog $3. Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4. **Negrita tulips**—Brent and Becky's Bulbs, 7463 Heath Trail, Gloucester, VA 23061; 877/661-2852; free catalog. **Chameleon euphorbia**—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. Andre Viette Nursery, Route 1, Box 16, Fishersville, VA 22939; 540/943-2315, catalog $5. **Sedum**—Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013; no phone orders; catalog $3. Forestfarm (address above). **Creeping Jenny**—Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC 27516; 919/967-0078; catalog $3. **Summergold St. John's wort**—Greer Gardens (address above). Forestfarm (address above). **Lady's mantle**—Bluestone Perennials, 7211 Middle Ridge Rd., Madison, OH 44057; 800/852-5243; free catalog.

Karen's Colorful Combos

Pages 118-126: Durandii clematis, Betty Prior rose—Wayside Gardens, 1 Garden Lane, Hodges, SC 29695; 800/845-1124; free catalog. **Moonshine achillea; Allium caeruleum; Hosta sieboldiana**—White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/255-2852; free catalog. **Punktchen miscanthus**—Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC 27516; 919/967-0078; catalog $3. Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. **Gold barberry**—Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401; 541/686-8266; catalog $3. Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4. **Gypsophila Compacta**—Busse Gardens, 17160-245th Ave., Big Lake, MN 55309; 800/544-3192; catalog $2. **Bitsy daylily**—Andre Viette Nursery, Route 1, Box 16, Fishersville, VA 22939; 540/943-2315; catalog $5. Oakes Daylilies, 8204 Monday Rd., Corryton, TN 37721; 800/532-9545; catalog $2. **Iris spuria**—Russell Graham, 4030 Eagle Crest Rd. NW, Salem, OR 97304; 503/362-1135; catalog $2. **Jackmanii clematis**—Russell Graham (address above). Wayside Gardens (address above). **Pilgrim rose**—David Austin Roses, 15393 Hwy. 64 W, Tyler, TX 75704; 903/526-1800; catalog $5. **Achillea Anthea, Purple smokebush**—Forestfarm (address above). **Stachys Big Ears**—Niche Gardens (address above). **Arborvitae**—Arborvillage Nursery, P.O. Box 227, Holt, MO 64048; 816/264-3911; catalog $1. **Comtesse de Bouchaud**—Wayside Gardens (address above).

Top 10 Easy Roses

Pages 133-140: Old-fashioned roses—Antique Rose Emporium, 9300 Lueckemeyer Rd., Brenham, TX 77833; 800/441-0002; catalog $5. Heirloom Old Garden Roses, 24062 NE. Riverside Dr., St. Paul, OR 97137; 503/538-1576; catalog $5. Pickering Nurseries, 670 Kingston Rd., Pickering, ON, Canada L1V 1A6; 905/839-2111; catalog $3. Lowe's Own Root Roses, 6 Sheffield Rd., Nashua, NH 03062; 603/888-2214; catalog $3. For more from Gerry Krueger, check out her Internet site: www.blossomsandbloomers.com.

Sunshine State

Page 143: carpet on stairs—Jack Walsh; 561/659-4846; to the trade. **Antique table**—Tonya Pierce Collectibles & Bits; 561/659-6333. **Wicker love seat and fabric for cushion**—Milling Road; 910/885-1800; www.millingroad.com. **Pillow fabric**—Pindler & Pindler; 800/669-6002; www.pindler.com.

Pages 144-145 (*left*): bench and table, K.P. Kirk custom design—Maurice's Antique Pine; 561/747-4528. **Light fixture**—Maurice's Antique Pine; 561/747-4528. **Harness chair**—Alberto Marcone Artmosphere; 561/835-4550. **(*Right*): antique chest,** Tonya Pierce Collectibles; 561/659-6333. **Coffee table**—Chantibleu; 561/833-6121. **Chair**—Milling Road; 910/885-1800; www.millingroad.com. **Sofa,** K.P. Kirk custom design—David's Workroom; 561/659-2227. **Pillow fabric**—Pindler & Pindler; 800/669-6002; www.pindler.com.

Pages 146-147 (*left*): wicker chairs—Palecek; 800/27[illegible] 7730; www.palecek.com. **Table,** Lexington—Country & Casual; 954/921-4696. **(*Right*): pine cabinet, gre[illegible] wall shelf,** K.P. Kirk custom—Maurice's Antique Pine; 561/747-4528.

Pages 148-149 (*top left*): pillows and iron bed, Maurice's Antique Pine; 561/747-4528. **(*Right*): ch[illegible] at desk**—Pottery Barn; 800/922-5507; Internet si[illegible] www.potterybarn.com. **Desk**—Tonya Pier[illegible] Collectibles & Gifts; 561/659-6333. **Sofa,** K.P. K[illegible] custom—David's Workroom; 561/659-2227. **So[illegible] fabric**—Pindler & Pindler; 800/669-6002. **Pillows,** Maurice's Antique Pine; 561/747-4528.

Pages 150-151: tub and sink, Kohler—Fergus[illegible] 561/683-0635. **Area rug**—Rex & Rex Imports; 561/68[illegible] 2000. **Chair**—Chantibleu; 561/833-6121. **(*Right*) mirror,** custom—J. Pierce Archer Ltd.; 561/659-008[illegible] **Sconces**—Chantibleu; 561/833-6121.

Page 152: bed—Charles P. Rogers; for a catalog c[illegible] 800/272-7726; www.charlesprogers.com. **Lamp**[illegible] Tonya Pierce Collectibles & Gifts; 561/659-6333.

Better Than Brand New

Page 155: exterior paint—Dunn-Edwards Paint Cor[illegible] 4885 E. 52nd Pl., Los Angeles, CA 90040; 800/53[illegible] 4098. **Windows**—Marvin Windows & Doors; 888/53[illegible] 8268. **Door, fence**—no sources.

Pages 156-157 (*left*): wicker trunk—Cost Plus Wo[illegible] Market, 200 Fourth St., Oakland, CA 94607; 800/26[illegible] 8758. **Wicker chair, pillow in chair, rug**—Pier 1 Impor[illegible] 800/447-4371. Wall paint, "ICI-573"—Dulux Paints, 9[illegible] Euclid Ave., Cleveland, OH 44115; 800/984-54[illegible] **Windows**—Marvin Windows & Doors; 888/537-82[illegible] **(*Top right*): wicker armchairs, rag rug, throw pillow,** Pier 1 Imports; 800/447-4371. Desk lamp—Linens 'n Things; for store locations call 800/568-8765. **Built-in cabinet**—custom. **Wall paint,** "Decovel"/175 (B[illegible] ley)—Dunn-Edwards Paint Corp. (address above). **Wicker coffee table, wicker couch**—La Cor, 10451 P[illegible] Ave., Garden Grove, CA 92640; 714/638-2585. **(*Bottom right*): wall paint,** "Decovel DE 938" (Carnation)—Dunn-Edwards Paint Corp. (address above). **Dining room table**—homeowner's collection. **Dining room chairs**—The Real Wood Furniture Shop, 1131 First S[illegible] Encinitas, CA 92024; 760/634-2460. **Windows**—Marv[illegible] Windows & Doors; 888/537-8268.

Pages 158-159 (*left*): chairs—Corner Store, 75[illegible] Girard Ave., La Jolla, CA 92037; 619/456-7517. **Table,** antique. **Pitcher, glasses, napkins**—Pier 1 Impor[illegible] 800/447-4371; www.pier1.com. **Wall paint,** "Supre[illegible] DE 938" (Carnation)—Dunn-Edwards Paint Co[illegible] (address above). **Custom floor**—Stomberg Mod[illegible] Hardwoods; 760/597-1801. **(*Top right*): custom ca[illegible] nets**—Laura Birns Design, P.O. Box 812, Del Mar, [illegible] 92014; 858/259-0750. **Custom cabinet fabrication**—CTT Furniture, 7034 Carroll Rd., San Diego, CA 921[illegible] 619/587-9311. **Cabinet pulls**—Cut and Dried Ha[illegible] ware, 241 S. Cedros Ave., Solana Beach, CA 920[illegible] 858/481-0442. **Windows**—Marvin Windows & Doo[illegible] 888/537-8268. **Sink**—Kohler Co.; 800/456-45[illegible] www.kohlerco.com. **Custom countertop,** "Indi[illegible] Ivory Juparana" fabrication—Florentine Co., 53[illegible] Banks, San Diego, CA 92101; 619/232-1580. **Fauce**[illegible] KWC Faucets, Inc., 1555 Oakbrook Dr., Ste. 110, N[illegible] cross, GA 30093; 888/592-3287. **Wall paint,** "Supre[illegible] /DE 969" (Peaches O Cream and Swiss Coffee)—Dunn-Edwards Paint Corp. (address above).

Page 160: lavatory bowl—Kohler Co.; 800/456-45[illegible] www.kohlerco.com. **Sink and shower faucets**—Ne[illegible] port Brass, 320 E. Alton Ave., Santa Ana, CA 927[illegible] 714/436-0805. **Mosaic vase, plaid rug**—Pier 1 Impo[illegible] 800/447-4371; www.pier1.com. **Towels and acc[illegible] sories**—Strouds; for store locations call 800/787-68[illegible] **Paint on paneling,** "Permasheen/DE436" (Fren[illegible] Hue); **wall and ceiling paint,** "Permasheen" (Sw[illegible] Coffee)—Dunn-Edwards Paint Corp. (address above).

2-Story Additions

Pages 164-165: windows—Andersen Windows, In[illegible] 800/426-4261; www.andersenwindows.com. **Din[illegible] table,** "Chateau Oval 194801" (Antique Caramel[illegible] Fremark Designs/Word Of Mouth, 604 Locust St., S[illegible] 103, Des Moines, IA 50309. **Dining room floor tile,** Tufi" (Matera)—Midwest Tile Supply of Iowa, 30[illegible] NW. 99th St., Urbandale, IA 50322; 515/334-01[illegible] **Fern stand**—HomePlace, 3200 Pottery Dr., Myr[illegible] Beach, SC 29579; customer service, 877/466-37[illegible] **Wall paint,** #1142 (Gourmet Mushroom)—The Sh[illegible] win-Williams Co.; 800/474-3794. **Bath floor tile,** 12[illegible] Istello marble—Midwest Tile Supply of Io[illegible]

continued on page 2[illegible]



Theme Park Thrills

arly lost among the hustle and tle of Southern California, Walt ney's original park, Disneyland, long lived in the shadow of its ger and more popular Florida nterpart.

n an effort to emerge from the kness, the Anaheim park recently lerwent a $1.4 billion expansion. named Disneyland Resort, the a now includes two theme parks; ee hotels; and a shopping, dining, entertainment district.

Disney's California Adventure, ich opened in February, joins neyland as the resort's second me park. Attractions in the new acre playland are divided among ee districts.

Hollywood Pictures Backlot gives sts a behind-the-scenes look at entertainment industry. Try to ss which soap star your waiter is tating at Soap Opera Bistro. Take de in the "Superstar Limo" and gle as your chauffeur pokes fun at llywood stereotypes.

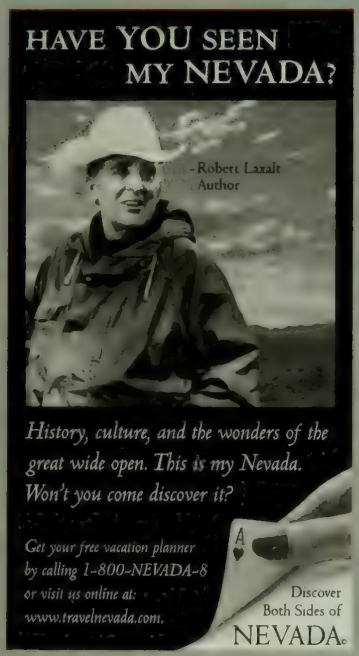
The Golden State district features Soarin' Over California ride, ich allows you to "fly" over 13 ations in the state while a breeze ws on your face. The Golden te also features a river-rafting ride, eplica of a Napa Valley winery, l restaurants along a remake of nterey's Cannery Row. Kids will

continued

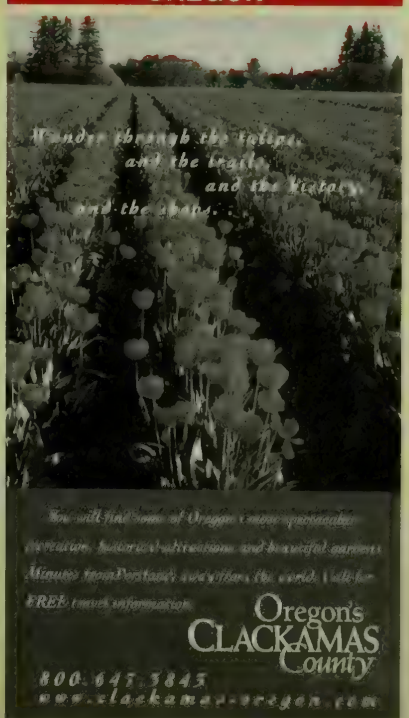
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One of the most popular lakes along the Colorado River is **Lake Havasu** with more than 45 miles of crystal clear water, tranquil coves, pristine beaches, and dramatic rock formations. Each year, more than a million visitors come to view the 160 year old London Bridge, that once spanned London's Thames River. It's the perfect venue for water sports: sailing, jet-skiing, water-skiing, even fishing.

Sedona's location at the mouth of the renowned Oak Creek Canyon and at the center of the state's legendary Red Rock Country affords breath-taking panoramas. The family will enjoy a visit to nature's own waterslide at Slide Rock State Park.

If you're craving outstanding golf and resort spas, southwestern dining and shopping, scenic beauty and perfect weather, these are just part of Phoenix's allure. Contact the **Phoenix Convention and Visitor's Bureau** to develop amazing Greater Phoenix itineraries. Phoenix is the nation's sixth-largest city with direct, non-stop flights from numerous cities throughout the world.

Consider opting for a nostalgic ride on the **Grand Canyon Railway**, which is celebrating it's 100th Anniversary. Take the steam train from the historic Williams Depot throughout the Coconino Forest to the South Rim. You'll love the scenery and your kids will get a kick out of the cowboys and musicians on board; there's even a staged train robbery. But if you'd like to see in 34 minutes what it would take a lifetime to experience, **Grand Canyon–*The Hidden Secret* in IMAX**, the world's largest motion picture system. It's awe-some!

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—by Becky Mollenkamp

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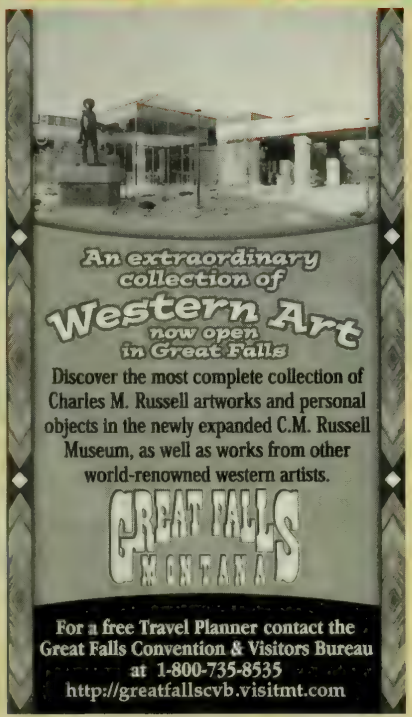
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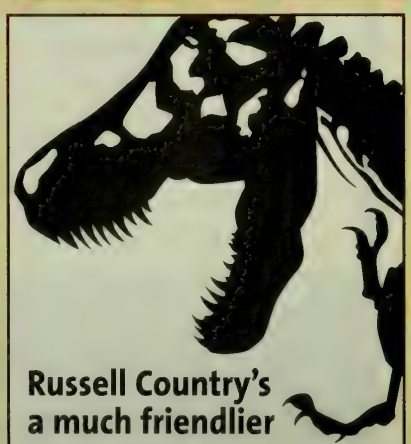
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Sweetheart of an onion

by David Feder

Some onions are born to be nice. There are varieties of naturally sweet onions that are bred for bold—but never overwhelming—flavor. Each type of sweet onion has a short season, but the individual seasons are staggered. This means you can enjoy sweet onions any time of year.

Roasted Sweet Onion Soup
Start to finish: 55 minutes

- 4 medium Walla Walla, Maui, Vidalia, Texas 1015, and/or other sweet onions, peeled and quartered
- 3 medium shallots
- 2 cloves elephant garlic or 5 cloves garlic, peeled
- 1 Tbsp. olive oil
- 1 14 ½-oz. can reduced-sodium chicken broth
- ¼ cup whipping cream
- ¼ cup purchased seasoned croutons

1. Preheat oven to 425° F. In a large bowl combine onions, shallots, garlic, and olive oil; toss to mix. Place on a baking sheet; bake for 15 minutes. Remove shallots and garlic; turn onions and bake 5 to 10 minutes more. Remove from oven. Cool.

2. Pour half of broth and half of cooked onion mixture into blender container. Cover and blend until nearly smooth.* Repeat with remaining broth and remaining onion mixture. Transfer mixture to a medium saucepan. Stir in cream; heat just until boiling.

3. To serve, ladle into individual serving bowls. Top with seasoned croutons. Makes 4 servings.

Nutrition facts per serving: 167 cal., 10 g total fat (4 g sat. fat), 21 mg chol., 352 mg sodium, 16 g carbo., 2 g fiber, and 5 g pro. Daily Values: 8% vit. A, 15% vit. C, 5% calcium, and 5% iron.

*Note: When blending heated mixtures, the hot air expands and can force off the blender top. To avoid accidents, leave the center cap of the blender slightly open and cover the blender with a clean dish towel.

by David Feder



Baby cakes are a small treasure making a big comeback. These bundles of joy speak sweetly to the kid in all of us, especially when these cakes are dressed for a celebration. Start with purchased or homemade frosted cupcakes. Then, use our quick-fix toppings for some fast, casual fun.



Can-Do Candy Cakes: Sprinkle the frosted cake tops with coarsely chopped Jordan almonds or other favorite hard pastel candies.



Flower Power: Top each frosted cupcake with an assortment of vivid, edible flower petals. Try baby-pink pansies or pastel-hued violets.



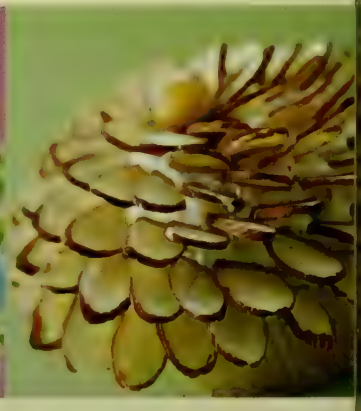
Glitter in a Haystack: Use a vegetable peeler to cut shavings off a bar of white chocolate. Toss with colored sugar, and pile on top.



Lotsa Dots: Press colorful pastel candy dots into the frosting. Use the candies upside-down or right-side up—whichever suits your fancy.



Nest Eggs: Put stiff green frosting in a garlic press. Squeeze to apply "grass" onto cake top and sides. Add a few jelly bean eggs to the frosting-grass nest.



Nutty Porcupine: Top frosted cake with sliced almonds in a spiraling pattern. For color accent, place a small candy on top.



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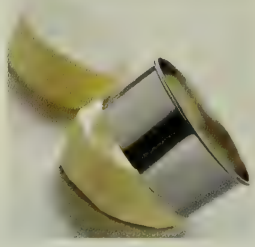




Tongs "Tongs are truly my second set of fingers," says Nancy. "I use them for so many thin including placing larger foods into boiling water, flipping chicken or meat when sautéing, and ev removing the sharp-edged lids on open cans." —*Nancy Wall Hopkins*









Metal Cookie Cutters "I always find myself shaping different foods with cookie cutters," says Jean Taking advantage of a limitless variety of cutter sizes and shapes, she fashions finger sandwich molds butter, and cuts decorative vegetables for salads. —*Jeanne Ambrose*

power tools

When we asked our food editors—kitchen pros all to name their favorite kitchen tool, the surprise was that each on raved about the simplest gadgets. The best time-savers in yo kitchen may just be the least expensive. by Shelli McConnell









Kitchen Shears Richard says he would be lost without his kitchen shears. Made especially cooking, they make short work of snipping fresh herbs from the garden, slicing through freshly bak focaccia or pizza, or cutting up whole tomatoes right in the can. —*Richard Swearinger*









Vegetable Peeler What kitchen device does David reach for most often? The simple vegetable pee Beyond peeling vegetables into ribbons for salads and sandwiches, he uses a sharp peeler to shave fre Parmesan cheese, remove citrus peel for zesting, and create decorative chocolate curls. —*David Fe*



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Marble Alley

What you need: Construction paper ▪ Shoe box ▪ Glue stick ▪ Marbles

1. Cut four half-circle openings in graduated sizes along one side of the open top of the box. 2. Trace around each side of the box onto the construction paper. Cut the tracings out, resulting in a total of five rectangles. Be sure that you cut out the four half-circle openings on the front rectangle to correspond with the box. 3. Apply glue to the back of each rectangle, and attach it to its matching side of the box. 4. Draw or cut out and glue numbers above each opening on the front of the box. The smaller the opening, the higher the score. **Object of the game:** To shoot your marble into the high-scoring opening. **How to play:** Place the inverted box on the floor. Move 4 to 5 feet away from the box. Try to roll your marbles into the openings. See how high your score can be after a predetermined number of turns.

Bubblegum Marbles

What you need: Small piece of white poster boa ▪ Markers ▪ 8×10-inch piece of felt ▪ Crafts gl ▪ Marbles

1. Use a pencil to trace around a plate onto t poster board, making a large circle. Then tra around a small notebook to make a rectangle at t base of your circle. Color this shape with markers transform it into a bubblegum machine. 2. On fe trace around a smaller plate or bowl to make smaller circle. Cut out both the bubblegum machi and the felt circle. Glue the felt to the center of t bubblegum machine. **Object of the game:** To u your shooter to knock the most marbles out of t bubblegum machine. **How to play:** Arrange t marbles on the felt circle of your bubblegu machine. Move 4 to 5 feet away and ta turns rolling your large shoot marble into the bubblegu machine. Pocket any marbles y knock out. Retrieve your shooter use on your next turn.

continued on page 2



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Catch-a-Ball

What you need: Paper-towel tube ■ Gift wrap ■ 5-inch square of aluminum foil ■ Paper punch ■ Tape ■ 18-inch piece of yarn ■ Large pom-pom or several cotton balls

1. Decorate tube with a piece of colorful gift wrap. Place glue on the back of the paper. Wrap the paper around the tube. Tape edge of the paper, if necessary. 2. Punch a hole at one end of the tube. Put an 18-inch piece of yarn through the hole and knot it several times. Place a piece of tape over the knot. 3. Tie the other end of the yarn around a large pom-pom (or several cotton balls). Wrap the pom-pom in a square of aluminum foil. Make sure the foil ball is a bit bigger than the tube opening. **How to play:** Holding the tube in one hand, swing the foil ball to create a looping movement. At the same time, move the tube to catch the ball on top.



Pillow Target Game

What you need: Hook-and-loop fastener in 2 yard lengths of different colors ■ Throw pillow ■ No-sew fabric adhesive ■ Straight pins ■ Table tennis balls ■ Glue gun

1. Plan how you're going to arrange the hook-and-loop fastener on the pillow. Then separate the strips, saving the hook half to wrap around the table tennis balls. 2. Cut the loop half of the fastener into desired lengths. Apply no-sew fabric adhesive to the back of one strip of fastener at a time. Position the strip on the pillow and apply pressure to help the glue bond. If necessary, push straight pins through the fastener into the pillow to help hold it in place while the glue dries. Continue working until your pattern is complete. Allow the adhesive to set overnight. 3. Cut the hook strips of fastener in half lengthwise. Cut these thin strips into 4⅞-inch lengths. You'll need two strips for each table tennis ball. Work with one strip at a time. Apply glue to the back, and then wrap the strip around the ball. Apply glue to the second strip, wrapping it around the ball. Repeat this process until all the balls have been wrapped. **Object of the game:** To see how many balls you can stick to the target. **How to play:** Position the pillow on the couch and then stand back. Aim and throw the balls at the pillow target. Add variety to the game by throwing from different locations in the room.



continued on page 238

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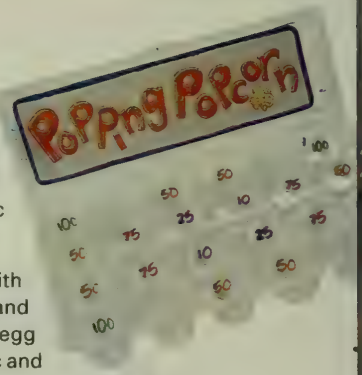
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Popping Popcorn



What you need: Clear plastic egg carton ■ White dot stickers ■ White paper ■ Markers ■ Clear tape ■ Plastic spoons ■ Popped popcorn

1. On white dot stickers, write the point values with markers. Stick each sticker to a 1-inch strip of tape, and then wrap the tape strip to the underside of the egg carton. The numbers should show through the plastic and be protected from buttery popcorn. 2. On a white strip of paper, write "Popping Popcorn" in markers. Tape it behind the top lid of the carton. **Object of the game:** To shoot popcorn into the high-scoring egg carton cups. **How to play:** Set the open carton on a table. Have players sit in chairs around the table. Load a plastic spoon with a piece of popcorn, pull back the top of the spoon, aim, and release the top of the spoon, sending the popcorn into the target.

Memory Game



What you need: 11 paper or plastic cups ■ 11 pieces of different colored paper ■ One piece of plain white paper for pattern ■ Scrap paper of different colors, or stickers ■ Crafts glue ■ Tape ■ A collection of small objects to place under the cups

1. Wrap a piece of white paper around a cup. Mark with a pencil or crease with the fingers to fit the paper to the cup. Cut the paper to make a pattern. 2. Use the pattern to trace and cut 11 colors of paper to cover 11 cups. Use glue or tape to attach the paper to the cups. Cut matching color circles to glue on the bottoms of the cups. 3. Cut geometric shapes (see *below*). Glue like shapes to cups. Each cup should look different. 4. Collect small objects to place under each cup. The items under pairs of cups should match, such as 2 pennies and 1 key under two cups; 1 stone, 1 penny, and 3 buttons under two other cups; and so on. Since there are 11 cups, one cup will not have a match. **Object of the game:** To find matching items under pairs of cups. **How to play:** Each player chooses two cups and lifts one at a time. If the items under the cups are the same, the player removes both cups from play and takes another turn. If the items under the two cups do not match, the player replaces both cups in the same spots and the turn passes to the next player. The player with the most cup matches wins the game.



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Buying information

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(address above). **Whirlpool tub**—Acquatic Ind., P.O. Box 889, Leander, TX 78646-0889; 512/259-2255. **Candlesticks, vase, wrought iron bench, angel sculpture, basket**—The Kenilworth House, 8613 Hickman Rd., Urbandale, IA 50322; 515/331-0003.

Pages 166-167 (*left*): siding, roofing—Certainteed Corp., P.O. Box 860, Valley Forge, PA 19482; 800/782-8777. **(*Right*): stair railing**—Deer Park Staircase, 51 Kennedy Ave., Blue Point, NY 11715; 631/363-5000. **Paint** (China White)—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com. **Carpet on stairs**—Carpet One, 86 Old Riverhead Rd., West Hampton Beach, NY 11978; 631/288-0848. **Trunk**—antique.

Pages 168-169 (*left*): decking—Timbertek; Internet site: www.timbertek.com, or through Contractors Express, 389 Atlantic Ave., Oceanside, NY 11572. **Sliding glass doors**—Andersen Windows, Inc., 800/426-4261; www.andersenwindows.com. **Patio furniture**—no source. **(*Top right*): porcelain floor tile,** Terra Cotta 1x1—Cancos Tile, 476 County Rd., 39A, South Hampton, NY 11968; 631/287-3511. **Cabinets**—Craftmade, Consumers Kitchen, 258 Commack Rd., Commack, NY 11725; 516/563-3200. **Sink**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60523; 630/574-5012. **Dishwasher**—GE Appliances, GE Answer Center; 800/626-2000. **Microwave, range, and oven,** "Gallery" (all one unit)—Frigidaire Home Products, 250 Bobby Jones Expressway, Martinez, GA 30907; 800/374-4432. **(*Bottom right*): dining table, chairs, and kitchen stools**—Shaw Ind., Inc., P.O. Drawer 2128, Dalton, GA 30722-2128; 800/367-5504.

Page 170: floor tile—Cancos Tile (address above). **Tub**—Jacuzzi Inc., 2121 N. California Blvd., Ste. 475, Walnut Creek, CA 94596; 800/678-6889. **Tub faucet**—Moen Inc., 25300 Al Moen Dr., North Olmstead, OH 44070-8022; 800/553-6636. **Vanity sinks, vanity surface, mirror, and lights**—Consumers Kitchen (address above). **Windows,** "Integrity"—Marvin Windows & Doors; 888/537-8268.

Reader Shopping

Page 130: Carefree Combinations—Carroll Gardens, 444 E. Main St., Westminster, MD 21157; Van Bourgondien Brothers, 245 Route 109, Babylon, 11702-0598.

Page 183: Mandoline Slicer—Fox Run Craftsmen, 1907 Stout Dr., Ivyland, PA 18974.

architects & designers

Small-Space Baths

Page 70: interior designer—Linda S. Kaufman and Associates, 920 Adella, Coronado, CA 92118; 619/437-0191. **General contractor**—Johansen Construction and Tile, 1849 Tierra Libertia Rd., Escondido, CA 92026; 760/741-6834.

Page 72: bath designers—Danean Mitchell and Gregory A. Evans, Kitchen & Bath Resource Studio, 2901 Olive St., St. Louis, MO 63103; 314/535-4055. **Contractor**—Bob Reeb, Reeb Construction, Inc., 851 Pontoison Dr., Manchester, MO 63021; 636/225-3417.

Pages 74-75: kitchen and bath designer—Cherie Brown, Kitchens by Kleweno, 4034 Broadway, Kansas City, MO 64111; 816/531-3968.

Sunshine State

Pages 143-152: designer—Karen Pulsfort Kirk, K.P. Kirk Design, 277 Royal Poinciana Way, #201, Palm Beach, FL 33480; 561/533-7566; Internet site: www.kpkirkdesign@usa.net.

Better Than Brand New

Pages 155-160: architect—Jim Kelley, Kelley-Markham Architecture and Planning, 219 Kalmia St., San Diego, CA 92101; 619/232-1580. **Interior designer**—Laura Birns Design, P.O. Box 812, Del Mar, CA 92014; 858/259-0750. **Landscape architect**—Jim Duggan, Encinitas Gardens, 1452 Santa Fe Dr., Encinitas, CA 92024; 760/753-2852.

2-Story Additions

Pages: 164-165: architect—Tom Donner, Teak Construction, 3728 Pleasant View Rd., Ames, IA 50014; 515/232-1628. **Interior designer**—Don Huss, Word Of Mouth, 604 Locust St., Ste. 103, Des Moines, IA 50309. **Landscape designer**—Jim Mason, Country Landscapes, Inc., 56985 Lincoln Hwy., Ames, IA 50010; 800/794-9795; www.countrylandscapes.com. **Tile installation**—Roger Jaqua, Quality Ceramic Tile, 7102 Oliver Smith Dr., Urbandale, IA 50322.

Pages 166-170: architect—Charles Thomas, P.O. Box 877, Jamesport, NY 11947; 516/727-5980.

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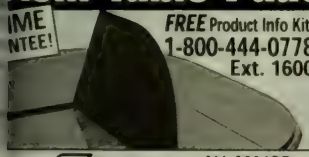
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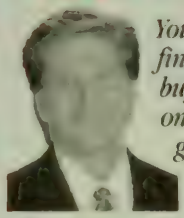
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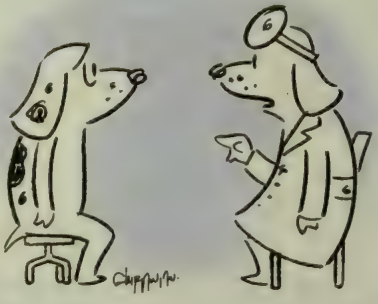


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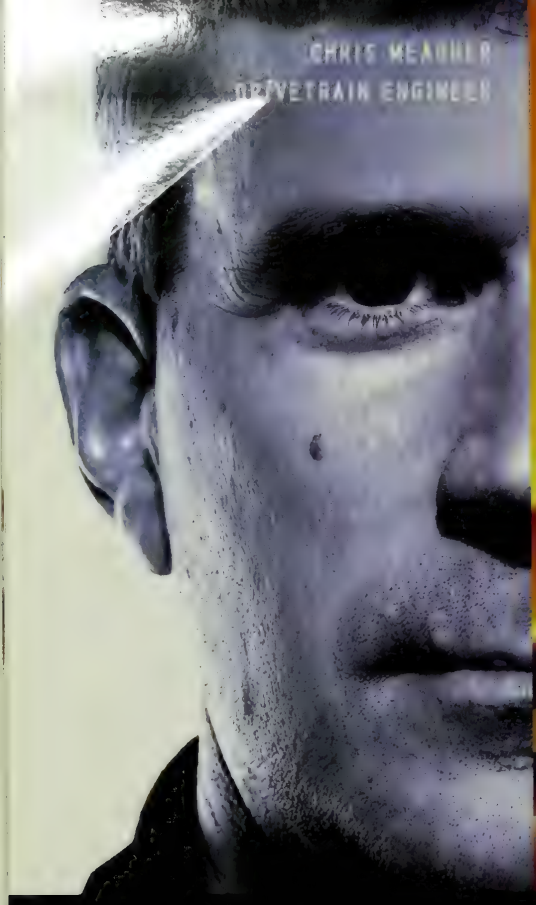
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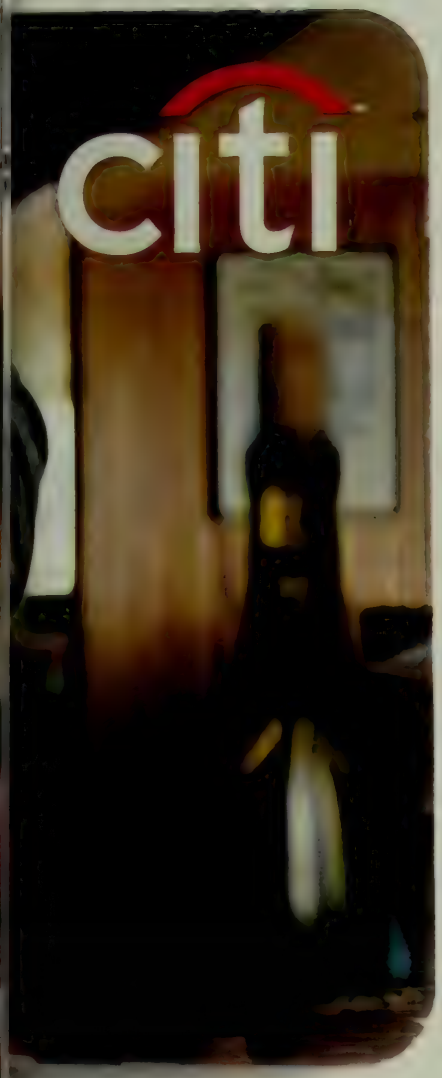
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april

Weekend of **April 7–8.** Want to learn how to fix a perfect omelet? Howard Helmer, an "eggs-pert "who set a world record by making 427 omelets in 30 minutes, cracks a few shells with Jeanette. Also, gardening expert Chris Dawson gives an older yard a fresh welcoming look that changes with the seasons. Plus, learn how to create some novel gifts using dried flowers.

Weekend of **April 14–15**. When visitors to **Kansas City** ask how to best experience the city, the answer is usually, "Eat barbecue!" Jeanette samples some of the region's best chin-dribblin', finger-lickin', lip-smackin' barbecue sauces. And you'll see how to construct terrific trellises for your house, garage, or shed.

Weekend of **April 21–22**. Mention **Vermont** and the first thing many people think of is maple syrup. Jeanette visits Vogel Farms and whips up a tantalizing home-style apple-and-maple upside-down cake. Then Chris has information about water gardens. And you will see how to make beautiful green bouquets with foliage from your own backyard.

Weekend of **April 28–29**. People from all over the world travel to the Sonoma Mission Inn & Spa in **Sonoma, California**, to rejuvenate mind, body, and spirit. Let's join them. Jeanette helps Toni Robertson, the spa's executive chef, make a healthful spa-style dinner. And Chris explores a group of tomatoes that's quickly becoming a garden favorite: mini tomatoes.

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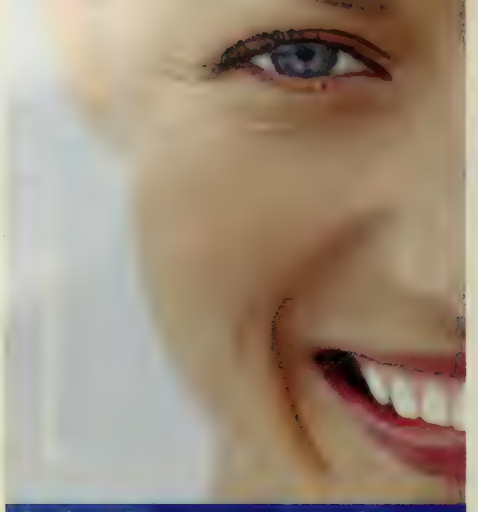


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ANDY LYONS

Last Saturday, I spent the afternoon in a time warp, and loved it! Even though I had my editor's column to write, the laundry to do, and several errands to run, I shucked all my responsibilities and headed for the antiques mall. It's a warehouse-sized building filled with hundreds of dealers' stalls and what seems like the whole history of civilization recorded in relics and bits of memorabilia.

As I cruised the aisles and winced at seeing toys from my childhood, a couple of things occurred to me. The first was that time inevitably passes. I was only a child when I carried that oval, red-plaid metal lunch box to school. Now it (or one like it, at least) sits on a shelf overwhelmed by plastic lunch boxes sporting Star Wars and Disney characters. And they're collectible too. What does that say about me and my metal lunch carrier? Probably, that time has passed too quickly for both of us.

The other thought I had was not so depressing, maybe, but equally ponderable. How do things come into style? And go out of style? And, even more unfathomable, how do they come back in style a second time? I looked at clothes from the 1960s and realized that they're not just sought after in vintage shops, they're actually inspiring today's designers.

The turnover in trends seems dizzying. Maybe that's why I've always stayed pretty close to what is classic. And maybe that's why I'm so comfortable with the styles we show you in *Better Homes and Gardens*® magazine. There is nothing too avant-garde here—just plain good taste.

That doesn't mean, however, that what we show won't, eventually, turn up in an antiques store. Everything does. Even my lunch box.

I guess I'd better go buy it before it comes back in style again. A new one just wouldn't be filled with the same memories.

Jean

Jean LemMon, *Editor in Chief*

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I see six years
pass in the blink of an eye


r light


mid light

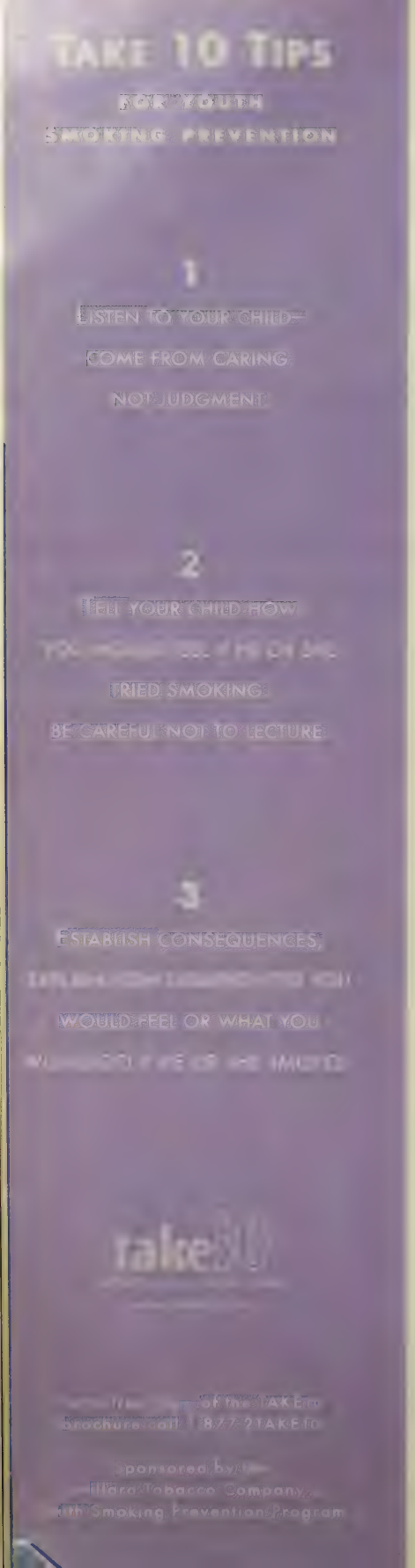

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Bridal shower rains desserts

My daughter didn't know how to cook very well and owned just a few kitchen utensils. When I invited my friends to her wedding shower, I sent a blank index card requesting they bring their favorite dessert recipe and an item (such as a pie pan, a measuring cup, a spatula, etc.) to complement it. My friends surprised us by also providing the ingredients needed to prepare their recipes. (I gave her a recipe box.)

Jean Klaber
San Diego, Calif.

Mom e-mails cards to busy sons

Searching for a way to communicate with my busy teenage sons, I decided to e-mail messages and cards to them. When they got home and logged onto the Internet—which they inevitably did—they would receive my messages. This was a successful way for me to catch their attention and provide the positive reinforcement so necessary at their age. They always responded, via e-mail or with a verbal comment.

Tammy Allgaier
Marion, Ill.

Drip-dry your kids' tub toys

Store tub toys in plastic, three-tier hanging produce baskets above your bathtub. This eliminates clutter and allows the toys to drip-dry without getting the floor wet.

Kim Harding
Glendora, Calif.

Gates lead to friendly neighborhoods

When installing a fence around your property, consider putting in a gate that would lead to your neighbor's property. An adjoining gate encourages friendship with your neighbor and makes it easier to lend a helping hand when needed. The additional cost will be repaid many times over in good will.

Dorothy Roush
Kettering, Ohio

Find a way to interest your child in geography

We have a large map on one wall of our basement that my sports-crazy son and I use to study U.S. geography together. I give him the name of a team (Chicago Bulls, Minnesota Vikings, New York Mets, etc.), and he finds the state and city where the team is located.

Cynthia Smith
Cary, Ill.

Don't say 'yuck!' at this dinner table

My family has a "no complaints" rule for dinnertime. Anyone who complains about what is being served must do the dishes that night. This has taught my children to try new foods and has made them more appreciative of the cook's efforts. Occasionally they end up doing the dishes, but more often we hear compliments for our culinary attempts.

Maria Heberling
Elk Grove, Calif.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens*® Magazine, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine. We will pay $50 for each idea published, if you provide your Social Security number.



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Put It in Reverse

Even tried-and-true paint techniques look brand new when you combine unexpected colors with updated designs. Here, light-colored flowers on a darker glazed wall look hand-painted at first glance. But the technique, called reverse stenciling, is more foolproof than that. Instead of using a stencil to paint a design on a surface, this method is exactly opposite: You paint the wall, but not the design. You can cut a stencil any shape—flowers, clouds, letters, shells, or other motifs in the room.

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Paint the wall white as a base coat. Then, mix seven parts glaze with one part paint.

Use a color that suits your room. We mixed neutral glaze from the crafts store with pink semigloss paint to make a slightly translucent glaze mixture.

Paint the wall with a thin coat of the glaze mixture using a 3-inch-wide brush for textural brushstrokes. Allow enough time to finish one complete wall, so stopping and starting lines won't be visible. Keep the brush fairly dry so stroke marks show subtly. Let the glaze dry overnight.

Note: You can use either latex or oil-base products, but don't mix latex glaze with oil-base paint, or vice versa.

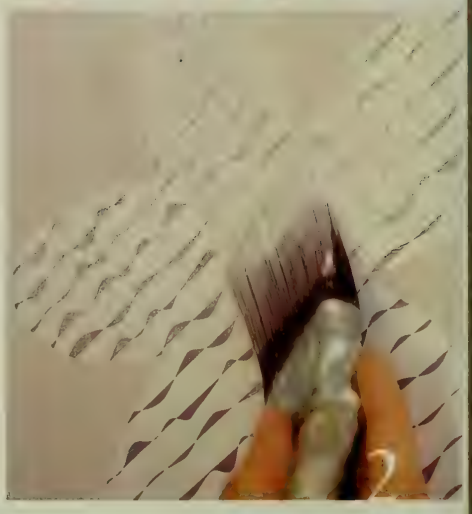
Draw a simple flower shape on paper, then enlarge it on a photocopier to create three different sizes. Cut several of each size from self-adhesive vinyl.

Randomly stick the flowers to the wall 8-15 inches apart.

Smooth and seal the vinyl with a piece of rigid plastic, such as a credit card.

Apply another coat of the glaze mixture to the entire wall, covering the flowers. This coat makes the pale flowers stand out against the background (*above*).

After the glaze dries, carefully peel away the vinyl cutouts to reveal the flowers.





Quick Steps

1. **Paint the wall with a thin coat of glaze mixture, using random brushstrokes. Let dry.**
2. **Stick the adhesive vinyl motifs to the wall. Then apply another coat of the glaze mixture over the entire wall.**
3. **Peel away the adhesive vinyl motif to reveal the paler single coat of glaze mixture underneath.**

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PUT YOUR EAR TO THE PAGE



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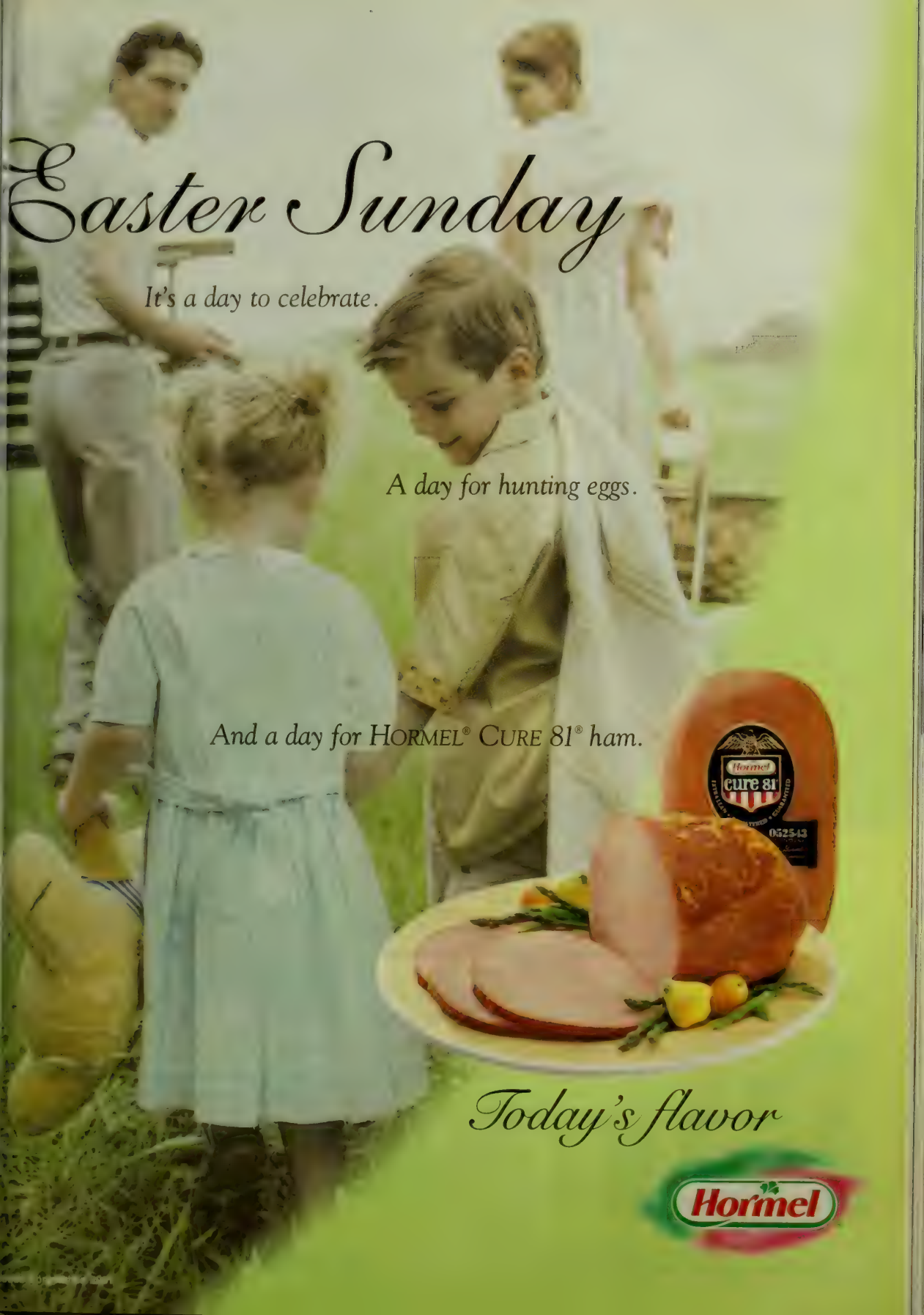
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Go with the Grain

Instead of the typical brown shades, this faux-wood-grained wall is done in blue hues, which gives the technique a fresh, up-to-date look. We grained the lower half of the wall so the room would appear to have a paneled wainscot. A special, easy-to-use wood-graining tool creates the moiré design.

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A wood-graining tool (*above*) from the paint or crafts store is key to creating the look of knotty grained wood. The tool is easy to use, but it's helpful to practice on painted poster board tacked on the wall. Work it until you feel comfortable with the wrist movement and like the results.

If possible, remove baseboards and chair rails before starting. Paint the upper half of the room medium blue (or another color to suit your decor). Paint the lower section light blue. For the graining, mix four parts neutral glaze with one part medium-dark blue paint.

Mask off adjoining walls and any trim that cannot be removed. Start at one corner and work in small sections.

Working quickly, roll a narrow width of glaze mixture onto the wall. Starting at the top, pull the graining tool down the wall. Rock the tool up and down along the way. As you do this, slightly overlap the previous "plank."

The grain pattern appears as you rock the tool; the tool removes the glaze and lets the undercoat show.

To order the graining tool, see *page 84*.





Quick Steps

1. **Apply the glaze mixture over the base coat. Pull the graining tool down to remove the glaze.**

2. **Rock the graining tool up and down with your wrist as you pull it down the wall.**

continued on page 30







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Tangle-Free Combing This room sports stripes in a two-tone variation of a paint technique called combing. A single-color base coat unifies the design and gives the complementing stripes common ground. Two glaze shades create the stripes, and a handmade combing tool gives them corduroylike texture. As the comb is pulled through the wet glaze, it reveals the base color. Choosing complementary—not contrasting—base-coat and stripe colors ensures a subtle and pleasing result.

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Hoppy





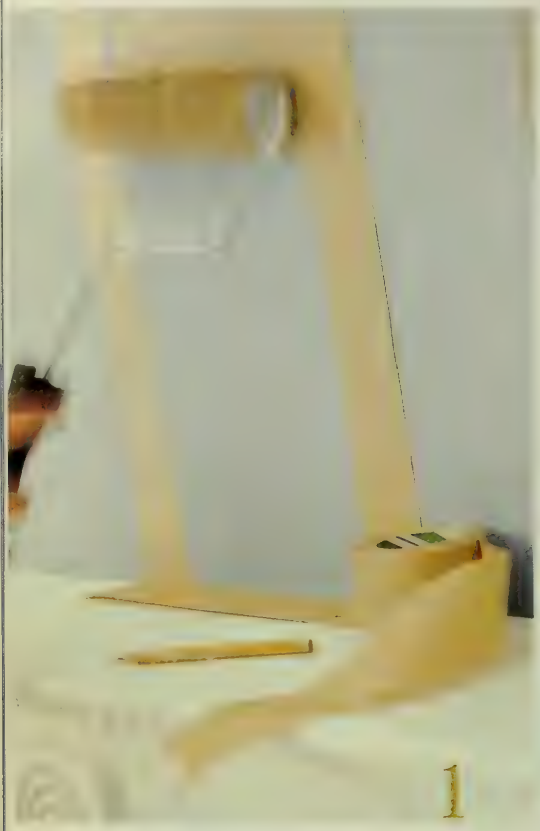
Hoppier



Hoppiest

Russell Stover®

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Quick Steps

1. **Tape off alternating stripes, sealing the tape edges tightly, and roll on one glaze mixture color.**

2. **Before the glaze mixture dries, pull the combing tool down the wall to remove the glaze.**



Paint the entire wall a medium blue-green (or choose colors to suit your room), and let it dry overnight.

Using a level and pencil, draw light vertical lines along the wall at even intervals. Make the stripes no wider than your tool.

Mix one glaze mixture that is four parts neutral glaze to one part brown paint and another mixture that is four parts neutral glaze to one part blue-green paint.

Tape off every other stripe with painter's tape, sealing the edges tightly. Roll one of the glaze mixtures onto the wall.

Pull the comb through the wet glaze to create the texture. Remove the tape while the glaze is wet, and let the glaze dry overnight.

Mask off the remaining stripes and repeat the process with the other glaze mixture.

To order a combing set, see *page 84.*

Buying information, page 42

For more decorative paint techniques, visit our Web site at www.bhg.com/extra



You can purchase combing tools at paint and crafts stores, or you can make this one (*left*) by cutting notches out of an 8-inch-wide window squeegee. Mark ¼-inch increments along the rubber blade. Using a crafts knife, cut away every other square.



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all–season mantels

Just as a crackling fire signals fall's arrival, let your mantel reflect the changing seasons. Personality pieces from around the house and garden will spark up your displays.



spring

When you get the sudden urge to clear the decks, open windows, and lighten up, chances are that spring is near and decorating fever will soon arrive. Fill the mantel with objects that invite the light inside. Get rid of dark, wintry decorations and replace them with large, lean-against-the-wall mirrors. Overlapped for interest, the mirrors pull in window light and amplify the energizing effects of the sun. Once the mirrors are in place, arrange empty glass containers for translucent sparkle. Like miniature greenhouses, these clochelike vessels promise the possibility that nature will spring up at any moment. Complete the simple arrangement with botanical prints set on easels. The easels provide leggy height to contrast the groundedness of the other weighty objects.

continued on page 36



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summer

Ah, summer is here with its wash of warm waves and enchantment of sea-blue breezes. You ca bring that feeling home to your mantel by incorporating seaside symbols—sand, ribbon grasses shells, and ocean scenes—regardless of your proximity to the ocean. Set a relaxed mood b replacing the spring mirrors with framed black-and-white photographs. Choose airy scenes tha reflect the kicked-back character of summer. The blond-wood frames also suggest sun-bleache driftwood. A lineup of small buckets filled with sand and strands of long grasses adds a breez informality. (The grasses eventually will dry to a wheaty shade, like any grass.) Fill out the mante ledge with specimen shells—some large, some small—and a drift of sand. Keep in mind that od numbers of objects are more pleasing than evens.

continued on page 3

Goldfish and Sand Dollar go swimmingly together





Martha's 256 colors offer some inspiring combinations, and make decorating a room or an entire house as easy as one-two-three. All you have to do is: 1. Pick a color. Goldfish for example. 2. Flip the paint chip over to find the perfect color to complement it. Sand Dollar for instance. 3. Stand back, and admire.

AVAILABLE AT KMART, SEARS & CANADIAN TIRE

continued from page 36



Change your mantel with the turning of leaves. Farm stands and farmer's markets offer rich cache of decorating materials. Begin the arrangement with a focal-point wreath made of leaves in shade of copper and green. Hang the wreath slightly to one side of the mantel wall for an informal look. A trio of copper vessels, placed to the right of the wreath, anchor the scene. Make sure to vary the sizes and shapes of these eye-catching elements from short and squat to tall and thin. Fill in the spaces around and inside the copper pieces with melons, squashes, and pumpkins of varying sizes, colors, and textures. The thicker-skinned items should retain their freshness in the arrangement for well over two weeks. When you're finished displaying the slow-ripening produce, cook it up in seasonal recipes.

continued on page 40



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Mohawk makes the room

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winter

As the days grow short and the nights seem to last forever, take advantage of the dimming ligh by decking the mantel with stark contrasts and glowing candles. As inspiration for your seasona tableau, think of evergreen trees set against fields of white snow. A mirror, slick and oval-shape like an icy pond, replaces fall's foliage wreath as the focal piece. Create a winter landscape b collecting topiary forms from garden catalogs and covering their edges with miniature evergree garlands, available at crafts stores. Top the topiaries with festive red ribbons. Sprinkle tea light in glass votives along the mantel's edge, adding a taller candleholder in front of the mirror to reflec the light. (A stack of books is an easy way to sneak some extra height into your arrangement.) Fil in with fresh evergreen boughs, keeping them well away from flames.



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There was a small decrease in the clearance of cetirizine caused by a 400-mg dose of theophylline; it is possible that larger theophylline doses could have a greater effect. **Carcinogenesis, Mutagenesis and Impairment of Fertility:** In a 2-year carcinogenicity study in rats, cetirizine was not carcinogenic at dietary doses up to 20 mg/kg (approximately 15 times the maximum recommended daily oral dose in adults on a mg/m² basis, or approximately 10 times the maximum recommended daily oral dose in children on a mg/m² basis). In a 2-year carcinogenicity study in mice, cetirizine caused an increased incidence of benign liver tumors in males at a dietary dose of 16 mg/kg (approximately 6 times the maximum recommended daily oral dose in adults on a mg/m² basis, or approximately 4 times the maximum recommended daily oral dose in children on a mg/m² basis). No increase in the incidence of liver tumors was observed in mice at a dietary dose of 4 mg/kg (approximately 2 times the maximum recommended daily oral dose in adults on a mg/m² basis, or approximately equal to the maximum recommended daily oral dose in children on a mg/m² basis). The clinical significance of these findings during long-term use of ZYRTEC is not known. Cetirizine was not mutagenic in the Ames test, and not clastogenic in the human lymphocyte assay, the mouse lymphoma assay, and in vivo micronucleus test in rats. In a fertility and general reproductive performance study in mice, cetirizine did not impair fertility at an oral dose of 64 mg/kg (approximately 25 times the maximum recommended daily oral dose in adults on a mg/m² basis). **Pregnancy Category B:** In mice, rats, and rabbits, cetirizine was not teratogenic at oral doses up to 96, 225, and 135 mg/kg, respectively (approximately 40, 180 and 220 times the maximum recommended daily oral dose in adults on a mg/m² basis). There are no adequate and well-controlled studies in pregnant women. Because animal studies are not always predictive of human response, ZYRTEC should be used in pregnancy only if clearly needed. **Nursing Mothers:** In mice, cetirizine caused retarded pup weight gain during lactation at an oral dose in dams of 96 mg/kg (approximately 40 times the maximum recommended daily oral dose in adults on a mg/m² basis). Studies in beagle dogs indicated that approximately 3% of the dose was excreted in milk. Cetirizine has been reported to be excreted in human breast milk. Because many drugs are excreted in human milk, use of ZYRTEC in nursing mothers is not recommended. **Geriatric Use:** Of the total number of patients in clinical studies of ZYRTEC, 186 patients were 65 years and older, and 39 patients were 75 years and older. No overall differences in safety were observed between these patients and younger patients, but greater sensitivity of some older individuals cannot be ruled out. With regard to efficacy, clinical studies of ZYRTEC for each approved indication did not include sufficient numbers of patients aged 65 years and older to determine whether they respond differently than younger patients. ZYRTEC is known to be substantially excreted by the kidney, and the risk of toxic reactions to this drug may be greater in patients with impaired renal function. Because elderly patients are more likely to have decreased renal function, care should be taken in dose selection, and it may be useful to monitor renal function. **Pediatric Use:** The safety of ZYRTEC, at daily doses of 5 or 10 mg, has been demonstrated in 376 pediatric patients aged 6 to 11 years in placebo-controlled trials lasting up to four weeks and in 254 patients in a non-placebo-controlled 12-week trial. The safety of cetirizine has been demonstrated in 168 patients aged 2 to 5 years in placebo-controlled trials of up to 4 weeks duration. On a mg/kg basis, most of the 168 patients received between 0.2 and 0.4 mg/kg of cetirizine HCl. The effectiveness of ZYRTEC for the treatment of seasonal and perennial allergic rhinitis and chronic idiopathic urticaria in pediatric patients aged 2 to 11 years is based on an extrapolation of the demonstrated efficacy of ZYRTEC in adults in these conditions and the likelihood that the disease course, pathophysiology and the drug's effect are substantially similar between these two populations. The recommended doses for the pediatric population are based on cross-study comparisons of the pharmacokinetics and pharmacodynamics of cetirizine in adult and pediatric subjects and on the safety profile of cetirizine in both adult and pediatric patients at doses equal to or higher than the recommended doses. The cetirizine AUC and C_{max} in pediatric subjects aged 2 to 5 years who received a single dose of 5 mg of cetirizine syrup and in pediatric subjects aged 6 to 11 years who received a single dose of 10 mg of cetirizine syrup were estimated to be intermediate between that observed in adults who received a single dose of 10 mg of cetirizine tablets and those who received a single dose of 20 mg of cetirizine tablets. The safety and effectiveness of cetirizine in pediatric patients under the age of 2 years have not yet been established. **ADVERSE REACTIONS** Controlled and uncontrolled clinical trials conducted in the United States and Canada included more than 6000 patients aged 12 years and older, with more than 3900 receiving ZYRTEC at doses of 5 to 20 mg per day. The duration of treatment ranged from 1 week to 6 months, with a mean exposure of 30 days. Most adverse reactions reported during therapy with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in patients receiving ZYRTEC 5 or 10 mg was not significantly different from placebo (2.9% vs. 2.4%, respectively). The most common adverse reaction in patients aged 12 years and older that occurred more frequently on ZYRTEC than placebo was somnolence. The incidence of somnolence associated with ZYRTEC was dose related: 6% in placebo, 11% at 5 mg and 14% at 10 mg. Discontinuations due to somnolence for ZYRTEC were uncommon (1.0% on ZYRTEC vs. 0.6% on placebo). Fatigue and dry mouth also appeared to be treatment-related adverse reactions. There were no differences by age, race, gender or by body weight with regard to the incidence of adverse reactions. Table 1 lists adverse experiences in patients aged 12 years and older which were reported for ZYRTEC 5 and 10 mg in controlled clinical trials in the United States and that were more common with ZYRTEC than placebo. **Table 1. Adverse Experiences Reported in Patients Aged 12 Years and Older in Placebo-Controlled United States ZYRTEC Trials (Maximum Dose of 10 mg) at Rates of 2% or Greater (Percent Incidence) ZYRTEC (N=2034) Placebo (N=1612) respectively:** Somnolence (13.7 vs 6.3), Fatigue (5.9 vs 2.6) Dry Mouth (5.0 vs 2.3) Pharyngitis (2.0 vs 1.9) Dizziness (2.0 vs 1.2). In addition, headache and nausea occurred in more than 2% of the patients, but were more common in placebo patients. Pediatric studies were also conducted with ZYRTEC. More than 1300 pediatric patients aged 6 to 11 years with more than 900 treated with ZYRTEC at doses of 1.25 to 10 mg per day were included in controlled and uncontrolled clinical trials conducted in the United States. The duration of treatment ranged from 2 to 12 weeks. Placebo-controlled trials up to 4 weeks duration included 168 pediatric patients aged 2 to 5 years who received cetirizine, the majority of whom received single daily doses of 5 mg. The majority of adverse reactions reported in pediatric patients aged 2 to 11 years with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in pediatric patients receiving up to 10 mg of ZYRTEC was uncommon (0.4% on ZYRTEC vs. 1.0% on placebo). Table 2 lists adverse experiences which were reported for ZYRTEC 5 and 10 mg in pediatric patients aged 6 to 11 years in placebo-controlled clinical trials in the United States and were more common with ZYRTEC than placebo. Of these, abdominal pain was considered treatment-related and somnolence appeared to be dose-related. 1.3% in placebo, 1.9% at 5 mg and 4.2% at 10 mg. The adverse experiences reported in pediatric patients aged 2 to 5 years in placebo-controlled trials were qualitatively similar in nature and generally similar in frequency to those reported in trials with children aged 6 to 11 years. **Table 2. Adverse Experiences Reported in Pediatric Patients Aged 6 to 11 Years in Placebo-Controlled United States ZYRTEC Trials (5 or 10 mg Dose) Which Occurred at a Frequency of ≥ 2% in Either the 5-mg or the 10-mg ZYRTEC Group, and More Frequently Than in the Placebo Group. ZYRTEC 5 mg (N=161), 10 mg (N=215) vs placebo (N=309):** Headache (11.0%, 5 mg, 14.0%, 10 mg, 12.3%, placebo), Pharyngitis (6.2%, 5 mg, 2.8%, 10 mg, 2.9%, placebo), Abdominal pain (4.4%, 5 mg, 5.6%, 10 mg, 1.9%, placebo), Coughing (4.4%, 5 mg, 2.8%, 10 mg, 3.9%, placebo), Somnolence (1.9%, 5 mg, 4.2%, 10 mg, 1.3%, placebo), Diarrhea (3.1%, 5 mg, 1.9%, 10 mg, 1.3%, placebo), Epistaxis (3.7%, 5 mg, 1.9%, 10 mg, 2.9%, placebo), Bronchospasm (3.1%, 5 mg, 1.9%, 10 mg, 1.9%, placebo), Nausea (1.9%, 5 mg, 2.8%, 10 mg, 1.9%, placebo), Vomiting (2.5%, 5 mg, 2.3%, 10 mg, 1.0%, placebo). The following events were observed infrequently (less than 2%), in either 3982 adults and children 12 years and older or in 659 pediatric patients aged 6 to 11 years who received ZYRTEC in U.S. trials, including an open adult study of six months' duration. A causal relationship of these infrequent events with ZYRTEC administration has not been established. **Autonomic Nervous System:** anorexia, flushing, increased salivation, urinary retention. **Cardiovascular:** cardiac failure, hypertension, palpitation, tachycardia. **Central and Peripheral Nervous Systems:** abnormal coordination, ataxia, confusion, dysphonia, hyperesthesia, hyperkinesia, hypertonia, hypoesthesia, leg cramps, migraine, myelitis, paralysis, paresthesia, ptosis, syncope, tremor, twitching, vertigo, visual field defect. **Gastrointestinal:** abnormal hepatic function, aggravated tooth caries, constipation, dyspepsia, eructation, flatulence, gastritis, hemorrhoids, increased appetite, melena, rectal hemorrhage, stomatitis including ulcerative stomatitis, tongue discoloration, tongue edema. **Genitourinary:** cystitis, dysuria, hematuria, micturition frequency, polyuria, urinary incontinence, urinary tract infection. **Hearing and Vestibular:** deafness, earache, otalgia, otitis, tinnitus. **Metabolic/Nutritional:** dehydration, diabetes mellitus, thirst. **Musculoskeletal:** arthralgia, arthritis, asthrosis, muscle weakness, myalgia. **Psychiatric:** abnormal thinking, agitation, amnesia, anxiety, decreased libido, depersonalization, depression, emotional lability, euphoria, impaired concentration, insomnia, nervousness, paroniria, sleep disorder. **Respiratory System:** bronchitis, dyspnea, hyperventilation, increased sputum, pneumonia, respiratory disorder, rhinitis, sinusitis, upper respiratory tract infection. **Reproductive:** dysmenorrhea, female breast pain, intermenstrual bleeding, leukorrhea, menorrhagia, vaginitis. **Reticuloendothelial:** lymphadenopathy. **Skin:** acne, alopecia, angioedema, bullous eruption, dermatitis, dry skin, eczema, erythematous rash, furunculosis, hyperkeratosis, hypertrichosis, increased sweating, maculopapular rash, photosensitivity reaction, photosensitivity toxic reaction, pruritus, purpura, rash, seborrhea, skin disorder, skin nodule, urticaria. **Special Senses:** parosmia, taste loss, taste perversion. **Vision:** blindness, conjunctivitis, eye pain, glaucoma, loss of accommodation, ocular hemorrhage, xerophthalmia. **Body as a Whole:** accidental injury, asthenia, back pain, chest pain, enlarged abdomen, face edema, fever, generalized edema, hot flashes, increased weight, leg edema, malaise, nasal polyp, pain, pallor, periorbital edema, peripheral edema, rigors. Occasional instances of transient, reversible hepatic transaminase elevations have occurred during cetirizine therapy. Hepatitis with significant transaminase elevation and elevated bilirubin in association with the use of ZYRTEC has been reported. In foreign marketing experience the following additional rare, but potentially severe adverse events have been reported: anaphylaxis, cholestasis, glomerulonephritis, hemolytic anemia, hepatitis, orolacial dyskinesia, severe hypotension, stillbirth, and thrombocytopenia. **DRUG ABUSE AND DEPENDENCE** There is no information to indicate that abuse or dependency occurs with ZYRTEC. **OVERDOSAGE** Overdosage has been reported with ZYRTEC. In one adult patient who took 150 mg of ZYRTEC, the patient was somnolent but did not display any other clinical signs or abnormal blood chemistry or hematology results. In an 18-month-old pediatric patient who took an overdose of ZYRTEC (approximately 180 mg), restlessness and irritability were observed initially, this was followed by drowsiness. Should overdose occur, treatment should be symptomatic or supportive, taking into account any concomitantly ingested medications. There is no known specific antidote to ZYRTEC. ZYRTEC is not effectively removed by dialysis, and dialysis will be ineffective unless a dialyzable agent has been concomitantly ingested. The acute minimal lethal oral doses were 237 mg/kg in mice (approximately 95 times the maximum recommended daily oral dose in adults on a mg/m² basis, or approximately 55 times the maximum recommended daily oral dose in children on a mg/m² basis) and 562 mg/kg in rats (approximately 460 times the maximum recommended daily oral dose in adults on a mg/m² basis, or approximately 270 times the maximum recommended daily oral dose in children on a mg/m² basis). In rodents, the target of acute toxicity was the central nervous system, and the target of multiple-dose toxicity was the liver.

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buying guide

Some of the products shown editorially in *Better Homes a... Gardens*® magazine can be obtained locally. For more information, contact the manufacturers listed below.

Paint Techniques

Page 23: paint on wall, SW1562—Sherwin-Williams; for a store location c... 800/474-3794; www.sherwin-williams.com.

Page 24: paint on wall, SW1562—Sherwin-Williams; for a store location c... 800/474-3794; www.sherwin-williams.com.

Pages 26, 28: paint on upper wall, SW1247; **paint on lower wall,** base pai... SW1249; **graining,** SW1246—Sherwin-Williams; for a store location call 800/47... 3794; www.sherwin-williams.com. **Vase—**Crate & Barrel; for more informati... call 800/323-5461; www.crateandbarrel.com. **Bowl—**Pier 1 Imports; for a st... location call 800/447-4371; www.pier1.com.

Page 30, 32: paint, basecoat, SW1205; **paint applied by comb,** SW1104 (brow... SW1208 (blue)—Sherwin-Williams; for a store location call 800/474-37... www.sherwin-williams.com. **Chair,** "Davis," Dori Doeskin fabric—Room... Board; for more information call 800/486-6554; www.roomandboard.co... **Pillow,** Alexander Julian—Lowes Companies, Inc.; for store locations c... 800/445-6937; www.lowes.com.

Parent Trap

Page 44: mesh folding cube—The Container Store; for more information c... 800/733-3532; www.containerstore.com.

Page 46: sofa—Expressions Custom Sofas; for more information call 515/22... 1924. **Child's chair—**Suite Dreams; for more information call 515/223-2334.

Page 48: folding mesh cubes; étagère, five shelf—The Container Store; for mo... information call 800/733-3532; www.containerstore.com. **Stow-away conta... ers—**The Container Store; for more information call 800/733-3532; Web si... www.containerstore.com. **Child's picnic table—**Crate & Barrel; for mo... information call 800/323-5461; www.crateandbarrel.com.

Page 50: armoire, 640W—Whittier Wood Products; for a local dealer call custom... service at 800/653-3336.

Page 52: horizontal shelves, 18-3571015—Hold Everything; for a catalog c... 800/421-2264. **Tension rods for canvas fabric—**Kirsch; for a catalog or for... retailer near you call 800/528-1407.

Built-Ins for Snug Spaces

Page 58 (*top*): custom built-in shelves, custom fabric on chair, "Pigskin"(Gold... **fabric on chair,** "Brunschwig & Fils"—Jacques Saint Dizier, ASID, Saint Dizi... Designs, 6471 Old Trenton Rd., Forestville, CA 95436; 707/573-8911. **Windo... French doors—**Blomburg Window Systems, P.O. Box 22485, 1453 Blair Av... Sacramento, CA 95822; 916/428-8060. (***Bottom***)**: built-in cabinet—**Europea... Kitchen Designs, 6440 Lusk Blvd., Ste. 106, San Diego, CA 92121; 619/452-772... **Bedding fabrication—**Susan Hart Henegar, 5449 Bellevue Ave., La Jolla, C... 92037; 619/459-5681. **Bedding fabric,** "Herald Square Obsidian" and "Fairwa... Obsidian"—Jack Lenor Larsen, 233 Spring St., New York, NY 10013; 212/46... 1300. **Pillow fabric,** "Novasuede" (Fawn)—Harsey and Harsey, Design Center ... 23811 Aliso Creek Rd., Space 175, Laguna Niguel, CA 92677; 714/643-339... **Throw,** "Stucco Ivory"—Micana, 18744 Parthenia St., Ste. 1, Northridge, C... 91324; 818/886-5015.

Pages 60-61 (*right*): custom lingerie cabinet, custom TV insert—Pete's Cabinet... 1303 E. Casino Rd., Everett, WA 98203; 425/745-1053. **Custom wall paint...** Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com. **Quilt, a... on wall, canister on floor, vase with pussy willows—**homeowners' person... collection.

Page 62: custom built-ins—Bob Endres, Perlmutter-Freiwald Inc., 32620 Frankl... Rd., Franklin, MI 48025; 248/626-8823. **Decorative items on tie unit, sculptur... Matisse print—**homeowners' personal collection. **Bed linens,** "Barbara... (White)—Peacock Alley, 1825 Market Center Blvd., Ste. 440, Dallas, TX 7520... 800/810-0708. **Horsehair chair,** "3137-11, Fautiel" (Desert)—Minton Speidell, Inc... 8731 Melrose Ave., West Hollywood, CA 90069; 310/657-0160 (available only ... design professionals).

Close-Quarters Kitchen

Page 66 (*top*): custom-built cabinets—Grabill Cabinet Co., P.O. Box 40, Grabi... IN 46741; 219/627-2131. **Butcher-block countertop—**Artifactural Furniture & D... sign, Inc., 829 W. Northwest Hwy., Barrington, IL 60010; 847/304-0437. **Door ... bump-out—**Marvin Windows & Doors; 888/537-8268. **Ceiling fan—**Hunter Fa... Co., 2500 Frisco Ave., Memphis, TN 38114; 800/448-6837. **Cooktop—**Vikin... Range Corp., 111 Front St., Greenwood, MS 38930; 888/845-464... www.vikingrange.com. **Sink,** "Hawthorne"; **faucet,** "Antique Single Control"... Kohler Co.; 800/456-4537; or see Web site at www.kohlerco.com. **Bar stools—**... Shaker Workshops, P.O. Box 8001, Ashburnham, MA 01430; 800/840-9121.

Page 68 (*top*): wall ovens—Viking Range Corp. (address above). **Built-in refriger... tor—**Sub-Zero Freezer Co., Inc., P.O. Box 44130, Madison, WI 53744-4130; for deal...

continued on page 22

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by Catherine Kramer

Parent TRAP

Are you a spilled box of crayons away from going crazy over kids' clutter? Get a grip on the mess by using a clever combination of make-it-yourself storage projects and purchased organizing products.

continued on page 46



WE THE PEOPLE

of the

UNITED STATES

ARE SICK AND TIRED OF

GETTING THE RUN-AROUND

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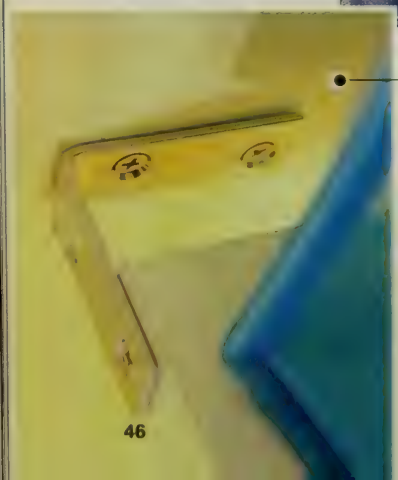
continued from page 44

bin there

In a brightly colored playroom, wood-tone shelving would look too heavy. This affordable, snap-it-together unit in white laminate and metal keeps the space light and uncluttered. Added bonus: These shelves are better for bins because the boards are deeper than the 12-inch standard.

Be sure to include bins with lids to store toys and games with little pieces. If your bins are opaque, such as these, consider labeling the outsides. Using different size bins gives you storage flexibility and keeps the shelves from looking too monotonous.





Kids climb, so be safe and anchor your shelving unit to the wall with L-brackets. The brackets come in various sizes and can even reach shelves that sit away from the wall.

Kids love these collapsible storage cubes with mesh sides and plastic seams. The cubes are see-through, lightweight, and outfitted with easy-carry handles. Fun colors add to the appeal.

continued on page 48

Toon in to the fun.



Give your kids a wacky good time with Ronald McDonald® and Friends' newest video, "Birthday World." With nearly 40 minutes of story and song, this latest in a series of animated adventures will have your kids watching again and again. And it's only $3.99 at McDonald's.® So you can smile right along with them.

While supplies last. Current prices and participation based on independent operator decision. Prices may vary. © 2000 McDonald's Corporation

Parent Trap

continued from page 46

A horizontal wall hanging with storage pockets is a great space saver that's easy for kids to reach. The background fabric—unlined denim with hemmed edges—is attractive enough for a public space, such as the family room.

Shape pockets to fit specific items, such as coloring books, pencils, and rulers. Give the pouches kid appeal with playful fabrics and colorful trims. Buttoned pockets keep things like scissors and glue out of the hands of the very wee ones.

To attach the pockets, first mark the denim for placement. Turn under raw pocket edges ½ inch. Pin the pocket corners to the denim, then topstitch in place.



Stabilize pockets for bulky items by cutting cardboard to fit the bottom; you can hot-glue matching fabric over the cardboard for a finished look. For extra stability in these areas, secure the denim to the wall with flathead thumbtacks.

Avoid wall anchors by hanging grommeted fabric from inexpensive coat hooks. Grommet kits are available at fabric stores. Before installing the grommets, reinforce the denim's top edge with a double 1½-inch-wide hem.

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Dark Chocolate. Cool Mint.

York Peppermint Pattie. **Get the sensation.**



Parent Trap

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Discourage the kitchen table or sofa as landing spots by placing a storage armoire near the front or back door, so kids can drop stuff on the way in and pick it up on the way out. Different from a TV cabinet, storage armoires come fitted with shelves and drawers.

Let your armoire doors serve as communications central. A dry-erase calendar tracks the week's activities, and a dry-erase message board is good for reminders. The board comes with an attached pen bag.

While some shelves hold bins for extra school supplies and equipment, designate the most accessible shelf as a permanent spot for backpacks. File holders and trays keep schoolwork organized.



Choose an armoire with an extra-deep drawer or add a large pull-out bin to hold bulky items, such as sports equipment.

Make a bulletin board by corking the inside of one door. Use ¼-inch-thick cork that comes on a roll. Cut it to size, flatten it, and coat the back with spray adhesive. Press the cork onto the door. Hang papers with pushpins.

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It's surprising news. Medical studies prove histamine blocking Benadryl®
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Effects seen on total nasal symptoms with Benadryl® Allergy at 50mg dose three times daily. Use as directed. © 2001 Warner-Lambert Co., a Pfizer company.

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Dining tables are prone to disorderly piles. When it's time to eat, you want to hide the mess—fast. These shelves use curtain panels as a clutter disguise. The square cubbies are well-suited to this curtained treatment, but it could be adapted to any shelf shape.

Store items that need to stay away from little hands, such as matches, on the top shelves. Use the lower hidden compartments to conceal things kids often use at the table, such as homework, art supplies, and board games.

Use the exposed shelves to display decorative items, such as accessories or books. To keep the look streamlined, stick to a few bold pieces instead of lots of small items.

squared away

These simple panels are made from plain cotton canvas. Just hem the bottom and side edges, and create a rod pocket along the top. Hang the panels with small tension rods.

Buying information, page 42



I'm feeling good! I'm taking WELLBUTRIN SR, an antidepressant with a low risk of sexual side effects.

That's important to me. If it's important to you, talk to your doctor. WELLBUTRIN SR® (bupropion HCl) is clinically proven to effectively treat depression with a low risk of sexual side effects. Ask your doctor if prescription WELLBUTRIN SR is right for you.

Important information about WELLBUTRIN SR

WELLBUTRIN SR is not for everyone. There is a risk of seizure. To reduce that risk, don't use if you have or have had a seizure or eating disorder. Don't use if you take ZYBAN® or an MAOI. When used with a nicotine patch or alone, there is a risk of increased blood pressure, sometimes severe. To reduce risk of serious side effects, tell your doctor if you have liver or kidney problems. Other side effects may include dry mouth, nausea and difficulty sleeping.

For more information, call **1-800-300-9357** or visit **www.wellbutrin-sr.com**



Wellbutrin SR®
(bupropion HCl) SUSTAINED-RELEASE TABLETS 100mg/150mg

Clinically proven to treat depression with a low risk of sexual side effects

GlaxoSmithKline

Please see brief summary on following page.

Brief Summary

WELLBUTRIN SR® (bupropion hydrochloride) Sustained-Release Tablets
WELLBUTRIN SR is indicated for the treatment of depression in adults.
Please read this information before you start taking WELLBUTRIN SR.
Do not let anyone else use your WELLBUTRIN SR.

This summary provides important information about WELLBUTRIN SR. This summary cannot replace the more detailed information that you need from your doctor. If you have any questions or concerns about either WELLBUTRIN SR or depression, talk to your doctor or other health care professional.

IMPORTANT WARNING:

At a dose of 300 mg each day, there is a chance that approximately 1 out of every 1000 people taking bupropion hydrochloride, the active ingredient in WELLBUTRIN SR, will have a seizure. At a dose of 400 mg each day, there is a chance that approximately 4 out of every 1000 people will have a seizure. The chance of this happening increases if you:

- have or have had a seizure disorder (for example, epilepsy);
- have or have had an eating disorder (for example, bulimia or anorexia nervosa);
- take more than the recommended amount of WELLBUTRIN SR; or
- take other medicines with the same active ingredient that is in WELLBUTRIN SR, such as ZYBAN® (bupropion hydrochloride) Sustained-Release Tablets (used to help people quit smoking).

In addition, tell your doctor if you have or have had other medical conditions. You can reduce the chance of experiencing a seizure by following your doctor's directions on how to take WELLBUTRIN SR. You should also discuss with your doctor whether WELLBUTRIN SR is right for you.

1. What is WELLBUTRIN SR?

WELLBUTRIN SR is a prescription medicine used to treat depression.

2. Who should not take WELLBUTRIN SR?

You should not take WELLBUTRIN SR if you:

- have a seizure disorder (for example, epilepsy);
- are already taking ZYBAN or any other medicines that contain bupropion hydrochloride;
- have or have had an eating disorder (for example, bulimia or anorexia nervosa);
- are currently taking or have recently taken a monoamine oxidase inhibitor (MAOI); or
- are allergic to bupropion.

3. Are there special concerns for women?

WELLBUTRIN SR is not recommended for women who are pregnant or breast-feeding. Women should notify their doctor if they become pregnant or intend to become pregnant while taking WELLBUTRIN SR.

4. Are there any concerns for patients with liver or kidney disease?

If you have liver or kidney disease, tell your doctor before taking WELLBUTRIN SR. Depending on the severity of your condition, your doctor may need to adjust your dosage.

5. How should I take WELLBUTRIN SR?

- You should take WELLBUTRIN SR as directed by your doctor. The usual recommended dosing is to begin treatment with WELLBUTRIN SR by taking one 150-mg tablet in the morning. As early as day 4 of treatment, your doctor may increase your dose to one 150-mg tablet in the morning and one 150-mg tablet in the early evening (for a total of 300 mg each day).

If your depression does not improve after several weeks, your doctor may increase the dose of WELLBUTRIN SR to a total of 400 mg each day (taken as 200 mg in the morning and 200 mg in the early evening). Doses should be taken at least 8 hours apart.

- **Never take an "extra" dose of WELLBUTRIN SR Tablets for any reason, even if you miss a dose.** If you forget to take a dose, do not take an extra tablet to "catch up" for the dose you forgot. Wait and take your next tablet at the regular time. Do not take more tablets than your doctor prescribed. This is important so you do not increase your chance of having a seizure.
- It is important to swallow WELLBUTRIN SR Tablets whole. Do not chew, divide, or crush tablets.

6. How long should I take WELLBUTRIN SR?

Only you and your doctor can determine how long you should take WELLBUTRIN SR. You and your doctor should discuss your signs and symptoms of depression regularly to determine how long you should take WELLBUTRIN SR. Do not stop taking your medicine or decrease the amount of medicine you are taking without talking to your doctor first.

7. What are possible side effects of WELLBUTRIN SR?

Like all medicines, WELLBUTRIN SR may cause side effects. Do not rely on this summary alone for information about side effects. Your doctor can discuss with you a more complete list of side effects that may be relevant to you.

- Hypertension (high blood pressure), in some cases, severe, has been reported in patients taking WELLBUTRIN SR alone and in combination with nicotine replacement therapy (for example, a nicotine patch). Monitoring of blood pressure is recommended in patients who receive a combination of WELLBUTRIN SR and nicotine replacement.
- The most common side effects of WELLBUTRIN SR in clinical studies were:
  At 300 mg/day: Loss of appetite, dry mouth, skin rash, sweating, ringing in the ears, and shakiness.
  At 400 mg/day: Abdominal (stomach) pain, agitation, anxiety, dizziness, dry mouth, difficulty sleeping, muscle pain, nausea, rapid heart beat, sore throat, sweating, ringing in the ears, and urinating more often.
- The side effects of WELLBUTRIN SR are generally mild and often disappear after a few weeks. If you have nausea, you may want to take your medicine with food. If you have difficulty sleeping, avoid taking your medicine too close to bedtime.
- The most common side effects that caused people to stop taking WELLBUTRIN SR during clinical studies were skin rash, nausea, agitation, and migraine (a severe type of headache).
- Stop taking WELLBUTRIN SR and contact your doctor or health care professional if you have signs of an allergic reaction such as a skin rash or difficulty in breathing. Discuss any other troublesome side effects with your doctor.
- Use caution before driving a car or operating complex, hazardous machinery until you know if WELLBUTRIN SR affects your ability to perform these tasks.

8. Will taking WELLBUTRIN SR change my body weight?

In clinical studies with WELLBUTRIN SR, some people lost weight and other people gained weight.

For people who lost weight, 14 out of 100 people taking 300 mg/day of WELLBUTRIN SR lost more than 5 lbs, 19 out of 100 people taking 400 mg/day lost more than 5 lbs, and 6 out of 100 people taking placebo (a sugar pill) lost more than 5 lbs.

For people who gained weight, 3 out of 100 people taking 300 mg/day WELLBUTRIN SR gained more than 5 lbs, 2 out of 100 people taking 400 mg/day gained more than 5 lbs, and 4 out of 100 people taking placebo (a sugar pill) gained more than 5 lbs.

Since weight change (loss or gain) also can be a symptom of depression, you should discuss with your doctor whether WELLBUTRIN SR is right for you.

9. Should I drink alcohol while I am taking WELLBUTRIN SR?

It is best to not drink alcohol at all or to drink very little while taking WELLBUTRIN SR. If you usually drink a lot of alcohol, or if you drink a lot of alcohol and suddenly stop, you may increase your chance of having a seizure. Therefore, it is important to discuss your use of alcohol with your doctor before you begin taking WELLBUTRIN SR.

10. Will WELLBUTRIN SR affect other medicines I am taking?

WELLBUTRIN SR may affect other medicines you're taking. It is important not to take medicines that may increase the chance for you to have a seizure. Therefore, you should make sure that your doctor knows about all medicines – prescription and over-the-counter – you are taking or plan to take.

11. Do WELLBUTRIN SR Tablets have a characteristic odor?

WELLBUTRIN SR Tablets may have a characteristic odor. If present, this odor is normal.

12. How should I store WELLBUTRIN SR?

- Store WELLBUTRIN SR at room temperature, out of direct sunlight.
- Keep WELLBUTRIN SR in a tightly closed container.
- Keep WELLBUTRIN SR out of the reach of children.

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-advertisement-

Happy Birthday You've Got Gingivitis.

After 35, 3 out of 4 adults have gum disease.

Gingivitis. Rhymes with *arthritis.*

And yes, it's as gross as it sounds.

Gingivitis is an early form of gum disease aused by plaque, a sticky film of bacteria that con- tantly forms on teeth. These bacteria release toxins nat cause irritation–your first indication of trouble.

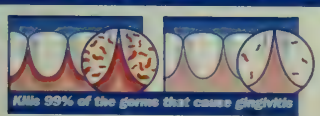
8 signs of gum disease

1. Gums that bleed during brushing.
2. Red, swollen or tender gums.
3. Gums that have pulled away from teeth.
4. Bad breath that lingers.
5. Pus between your teeth and gums.
6. Loose teeth.
7. A change in the way your teeth fit together when you bite.
8. A change in the way partial dentures fit.

Fortunately, gingivitis is an entirely ıreventable condition. Daily brushing and flossing re critical–along with regular trips to your dentist.

And even if you've already developed ingivitis, you can reduce it–even help *reverse* it– vith the right kind of toothpaste.

New toothpaste clinically proven to help prevent and reverse the gum disease gingivitis.



New Listerine Essential Care™ toothpaste, from the makers of Listerine® mouthwash, kills germs and is clinically proven to help prevent and reverse the gum disease gingivitis.





While most toothpastes can prevent cavities, very few are effective against gingivitis.

Look for a germ-killing formula like the new Listerine Essential Care™ brand. Use it morning and night and after meals, whenever possible.

Killing the germs in your mouth will lower the level of toxins. And after three weeks, you'll see your gums returning to a pinker, healthier state.

Talk to your dentist or hygienist about making Listerine Essential Care™ toothpaste part of your oral care routine.

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Bless This Home

Nourish your spirit

Simple words, spoken from the heart, are often all it takes to soothe the soul and bring inner peace. Offerings of thanks can make the best day even better, uniting the hearts of friends and family as they join together to celebrate the blessings of food and togetherness.

Now, the words of one of the most beloved of family prayers are beautifully presented at the center of a richly dimensional, heart-shaped collector's plate entitled "Bless Us, O Lord," available exclusively from the Bradford Exchange.

A hand-crafted art treasure to cherish for a lifetime

"Bless Us, O Lord" is individually hand-crafted in luxurious bisque-finish alabaster porcelain to capture the fine textures and graceful shapes of the traditional symbols of plenty.

The meticulously hand-cast sculptural cornucopia is bursting with succulent fruit and ripe vegetables. Luminous colors are applied entirely by hand for lasting beauty, capturing the jewel-like tones of rich purple grapes, lush red apples and golden grains.

A lasting reminder of blessings

Wherever you choose to display your "Bless Us, O Lord" plate, you'll be reminded that simple pleasures, like simple words, can be among the richest gifts that life has to offer.

Available only for a limited time

The uniqueness and heartfelt meaning of this premier edition are expected to stir significant demand. Each edition of "Bless Us, O Lord" is strictly limited to 95 firing days, and since individual hand-crafting limits the number of plates which can be created before the edition ends, latecomers may find it difficult to get the plate at issue price. So, collectors who wish to acquire this sculptural art treasure are urged to act immediately. To ensure you don't miss out on this very special opportunity, be sure to order today. Send no money now. Just mail the coupon.



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"Bless Us, O Lord"

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Built-Ins for Snug Spaces

by James A. Hufnagel





Sculpture showcase. This family-room shelving system was designed to feature some of the homeowners' prized sculpture and artifacts. The shelves are defined by 3-inch fronts. Low-voltage lighting, tucked just behind the lips on the shelving, washes the niches. Some spaces were designed for specific pieces, giving the shelves themselves an artfully graphic look.

Bunks with a bonus. Similar to the accommodations on a yacht, the bunks in this guest room utilize the spaces underneath for pull-out storage that makes tidying up in the morning a breeze. With comfy cushions and tuck-in bedding, the beds also serve as day couches for reading, lounging, or watching television.

continued on page 60



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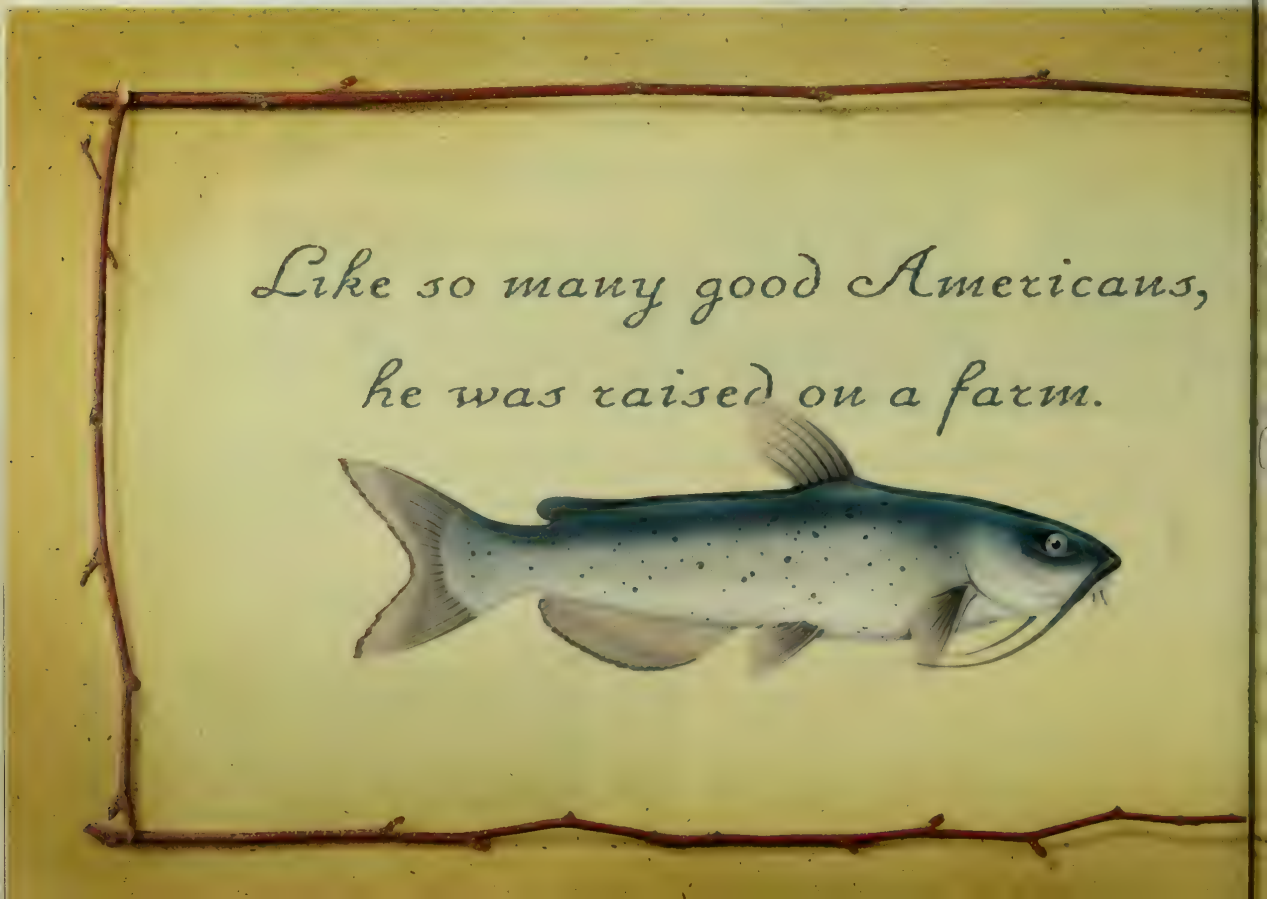
Feed Your Willpower™

Built-Ins for Snug Spaces

continued from page 58

Betwixt-the-studs shelving. In tight bathrooms, most of us need all the storage we can get—and inside a wall is one good place to grab extra space. Opening up a partition beside the toilet in this compact bathroom made room for two shelves, a reading rack, and a tissue roller. Studs are typically spaced about 14 inches apart; depth inside a wall is about 4 inches.









More in-wall storage. Space in Leslie and David Mattson's loft bedroom was tight, so they opted to steal a little closet square footage and build a lingerie chest (*left*) and TV set slide-out (*above*) into the wall. The built-in chest replaces one that was too close to the bed. Shallow drawers hold watches, sunglasses, belts, and scarves.

continued on page 62



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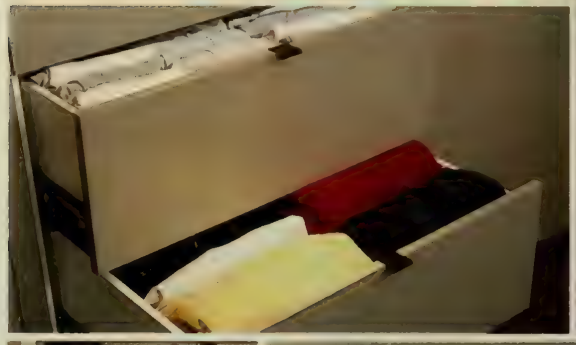
Built-Ins for Snug Spaces

continued from page 61

A wall-to-wall wardrobe. "I'm a clothes horse," admits interior designer Bob Endres. When he bought his Bloomfield Hills, Michigan, home, he knew the skimpy master bedroom closet would have to go. In its place he installed an entire wall of closets and deep built-ins. The array includes two 27-inch-deep wardrobe closets separated by a tower of drawers. A shallow triangle of leftover space around the corner organizes Bob's neckties.

Buying information, page 42



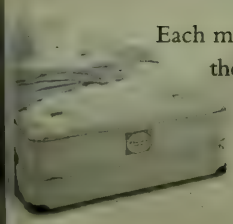






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THE WALL STREET SALAD



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Plain white appliances (*below*) take on a slick, restaurant-style look when fitted with stainless-steel panels and trim (*left*).



New-Look Appliances

Harvest gold, avocado green, and copper-colored appliances once were all the rage, but now they're reminders of color trends we'd rather forget. As long as an appliance is in good working shape, why not treat it to a makeover? Here are the two basic options.

▪ Appliance refinishing provides a crisp painted look, and can be done at a shop or right in your kitchen. An on-site refinisher sands the finish, removes or masks off hardware, and covers the floor and cabinets before painting. Look for a professional who uses an electrostatic refinishing system. This allows the paint to be charged and the metal appliance surface discharged—attracting the paint spray directly to the metal. An off-site refinisher, on the other hand, takes your appliance to a paint booth equipped with an exhaust system. This lets the refinisher use a standard polyurethane or epoxy paint.

A new painted finish will not be as durable as the original one, which was baked onto the appliance at the manufacturing plant. But it does provide a coating that looks almost as good as new. With stoves and ovens, the new finish (especially white) may eventually discolor because its pigments aren't heat resistant.

Look in the yellow pages under "Appliance Refinishers" for a local source. Refinishing a standard-size refrigerator (including front, top, and sides) costs $250 and up.

▪ New panel/trim kits completely mask the old finish. Panels come in dozens of colors and finishes, including real wood, stainless steel, and colored steel. The largest appliance-panel company, Frigo Design, makes custom panels and trim for all brands and models of refrigerators, freezers, dishwashers, and trash compactors built since 1942. You install the panels and trim yourself; new handles are provided should you decide to replace the old ones.

Panel kits are sold through major appliance dealers; or contact Frigo Design at 800/836-8746. Refrigerator kits, which include front panels and trim, cost about $350 for most colors, $450 for stainless steel, and $700 for real wood. ⌂

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2. ARRANGE A WEALTH OF GREENS IN EVEN STACKS.
3. WRAP LETTUCE WITH SCALLIONS TO FINALIZE THE MERGER.
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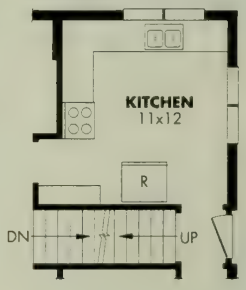
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by William L. Nolan

Butcher-block countertops and an eclectic mix of painted and antiqued finishes (*left*) give the remodeled kitchen an old-time country look. A new door in the triangular bump-out in the background opens to a deck outside.

BEFORE



Close-Quarters Kitchen

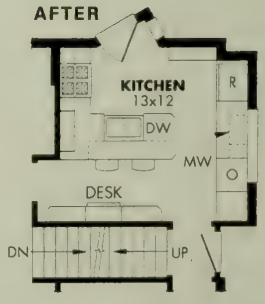
Jane Christino and Joe Wolnski had big plans for their gloomy little box of a kitchen. The Illinois couple wanted more light, an efficient work space, and styling in character with their 1920s-era home. This was a tall order, considering that the home's lot lines and their budget had room for only two modest bump-outs.



Working with architect Lisa McCauley and contractor Clisby Jarrard Jr., the couple accomplished all their goals and more. After gutting the space, they pushed out one wall by 2 feet and added a triangular projection that includes a leaded glass door and a tall, slim window.

These small gains in floor space made room for a butcher-block peninsula that has the sink and dishwasher on one side and an eating counter on the other. Along the adjacent wall are counter space, a cooktop, and a handy pot rack that was an important item on Jane's wish list. continued on page 68

AFTER



In a kitchen this compact, every inch counts. A 3-inch-deep space at the end of the peninsula houses a spice cabinet (*left*). Sanding the edges of the weathered green cabinets simulated wear.

Cookie crumbs.
Loose change.
Pesticide residue.

A lot of things end up where you may not want them. And if you use liquid flea drops, pesticide residue could be one of them. Liquid drops can rub off your pet, leaving pesticide residue on furniture and carpets.

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WITHOUT A TRACE

NOVARTIS

SENTINEL® (milbemycin oxime/lufenuron) Flavor Tabs® Brief Summary: Please consult full package insert for more information. **Indications:** SENTINEL Flavor Tabs are indicated for use in dogs and puppies, four weeks of age and older, and two pounds body weight or greater. SENTINEL Flavor Tabs are also indicated for the prevention of heartworm disease caused by *Dirofilaria immitis*; for the prevention and control of flea populations; the control of adult *Ancylostoma caninum* (hookworm); and the removal and control of adult *Toxocara canis* and *Toxascaris leonina* (roundworm) and *Trichuris vulpis* (whipworm) infection. Lufenuron controls flea populations by preventing the development of flea eggs and does not kill adult fleas. Concurrent use of insecticides may be necessary for adequate control of adult fleas. **Precautions:** Do not use SENTINEL Flavor Tabs in puppies less than four weeks of age and less than two pounds of body weight. Prior to administration of SENTINEL Flavor Tabs, dogs should be tested for existing heartworm infections. Mild, transient hypersensitivity reactions manifested as labored respiration, vomiting, salivation and lethargy may occur after treatment of dogs carrying a high number of circulating microfilariae. **Adverse Reactions:** The following adverse reactions have been reported in dogs after giving milbemycin oxime or lufenuron: vomiting, depression/lethargy, pruritus, urticaria, diarrhea, anorexia, skin congestion, ataxia, convulsions, hypersalivation and weakness. **Caution:** U.S. Federal law restricts this drug to use by or on the order of a licensed veterinarian. **How Supplied:** SENTINEL Flavor Tabs are available in four tablet sizes: 2.3/46 mg, 5.75/115 mg, 11.5/230 mg and 23/460 mg. They are formulated according to the weight of the dog. Each tablet size is packaged in color-coded packages of six tablets each. **Storage Conditions:** Store in a dry place at controlled room temperature, between 59°F and 86°F (15-30°C). ©2001 Novartis. SENTINEL and Flavor Tabs are registered trademarks of Novartis. MAH-SEN-TAB-2 10/01

Close-Quarters Kitchen

continued from page 66



The baking center (*right*) has a granite countertop where Joe whips up his trademark biscuits. Stainless steel fronts on the refrigerator and wall ovens bring a commercial gourmet flavor to the otherwise countrylike space.

Opposite the peninsula, a desk and pair of tall cabinets (*below*) provide a transition between the kitchen and dining room. Under a shelf for favorite cookbooks, there are pigeonholes for sorting bills, CDs, and other small items.

In the original kitchen, one window looked out at the next-door neighbor's garage. When the wall was bumped out, architect McCauley replaced the window with a wide, operable clerestory that brings in lots of light and fresh air, but blanks out the less-than-inspiring view.

The new bump-out accommodates a built-in refrigerator, a baking center, and a bonanza of storage that includes a coat closet.

The closet is situated beside the side door. "All of our friends come in this way," Jane says. "Now they can hang their coats here instead of traipsing through the rest of the house to the closet at the front entry."



Adding the peninsula created a wide corridor that leads to the dining room. Here matching pantry/china cabinets flank a desk where Jane and Joe, both high school English teachers, can catch up on paperwork. The cabinets are just 12 inches deep, and though they're built in, they were styled to look like old-fashioned freestanding kitchen cupboards. Beadboard behind the desk, under the peninsula, and at other points throughout the kitchen also harks back to the time when the home was originally constructed.

"We feel very lucky with how everything came out," Joe says. "Like Clisby's T-shirt says, 'If you like it, I love it!'—and we love it!"

Buying information, page 42



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The new addition provides a pleasant, scaled-down transitional space leading to the outdoors. It gives the patio a completely different feel from the old porch's looming, guard-towerlike appearance.

Fabulous Facelifts



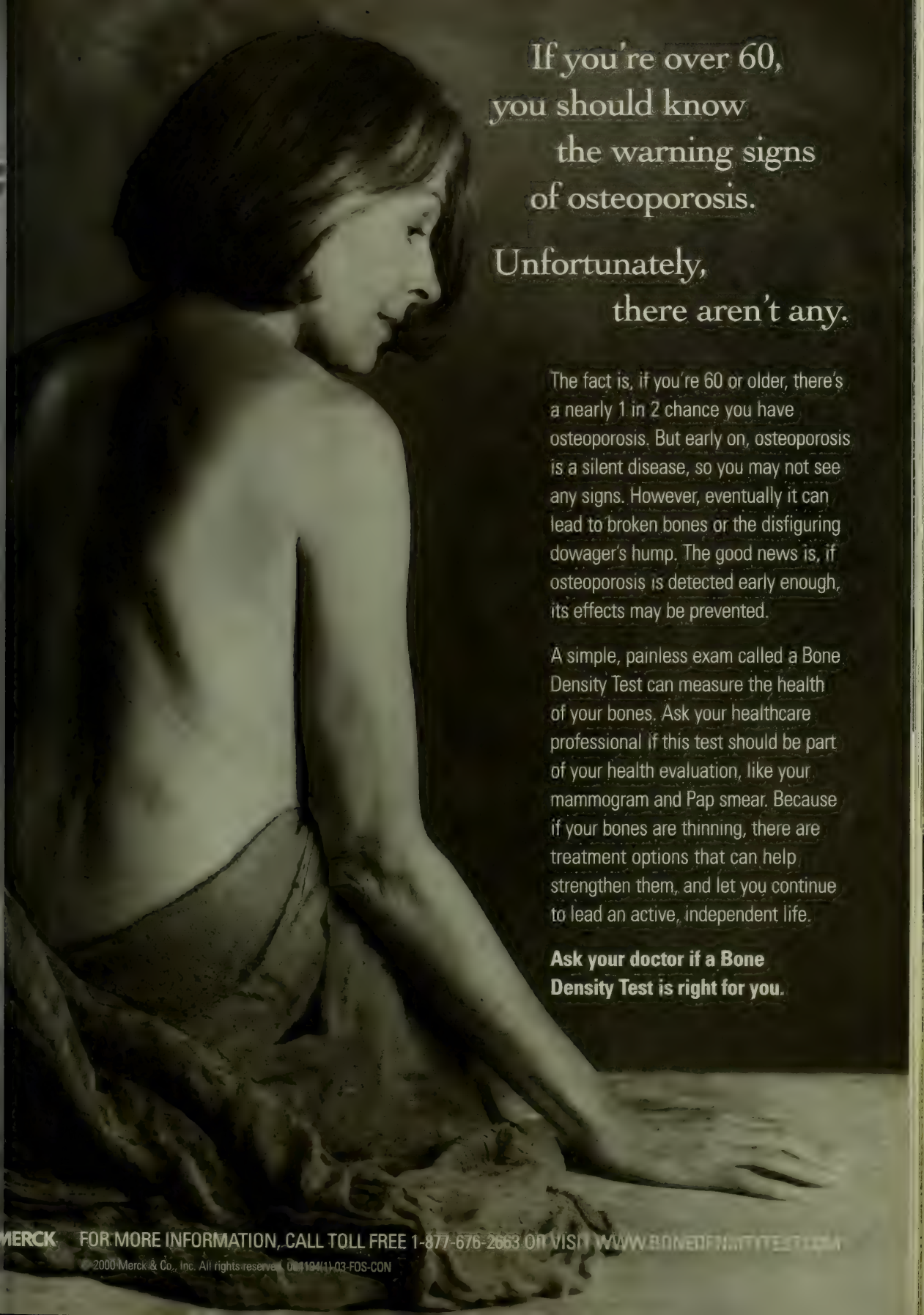
by Dan Weeks

Make It Match

A home's true character is sometimes marred with an awkward addition or shoddy detailing. Architect Doug Walter specializes in turning these ugly ducklings into neighborhood gems. Here are four of his Denver-area projects—and four great ideas for achieving fabulous facelifts.

The rear elevation of the first home (*above*) was ruined by an old sleeping porch addition. Walter's replacement uses the same foundation, but features roof pitches, shingling, and brickwork that duplicate those of the original home. The result is a sunny indoor space and a pleasant backyard patio.

continued on page 74


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continued from page 72



Blithely Blend



Also the victim of a clunky rear addition—one that was tacked on sometime in the 1970s—this bungalow had lost its 1920s charm. To better meld the home with its quaint neighborhood, Walter borrowed from several styles and regional influences. The roof corbels (*left*) and tall first-floor windows are Victorian, the porch columns are classical, the brickwork is East Coast Georgian, and the redwood deck is West Coast contemporary in feel. The trick to mixing styles successfully is restraint and proportion: Choose individual elements carefully, and make sure they complement one another in scale.

continued on page 76





A columned porch and the corbel-supported roof overhangs (*left*) add texture to the rear elevation of this remodeled bungalow and create a transition to the patio. The facelift extends to the wood trim (*above*) that is incorporated into the brick steps.



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Living innovation.

continued from page 74

The difference between "clutter" and "charming detail" is often in the choice and application of elements. For this rear exterior (*left*), wood detailing embroiders flat surfaces. Railing, muntins, board-and-batten siding, and lattice (*bottom left*) punctuate the facade and deck without overwhelming them.

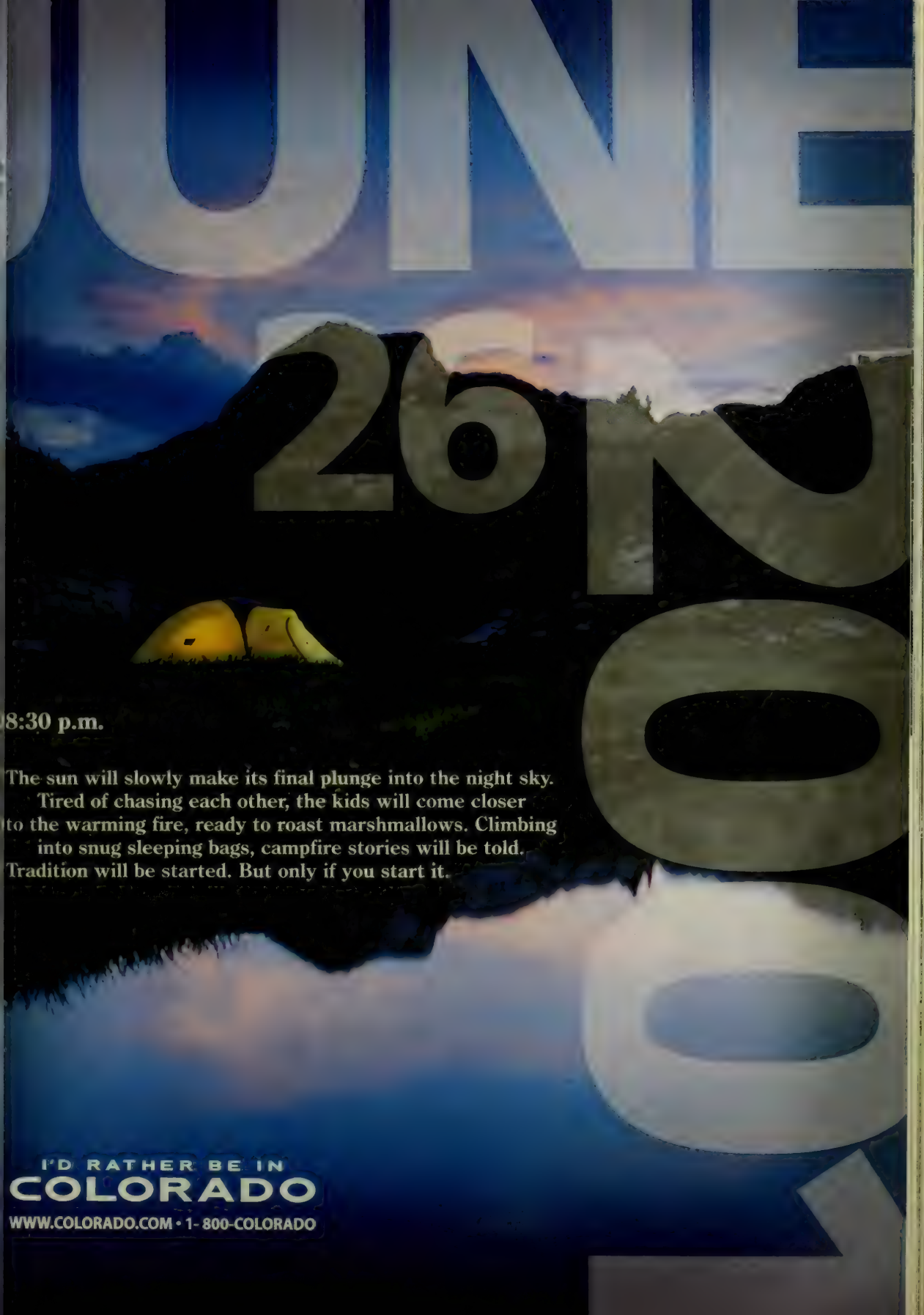


Delight in Detail

Period-style detailing brings the spirit of this Tudor-style cottage around to the formerly nondescript back of the house. Before the renovation, a single, massive triangle of siding overhung a deck crowded with two bump-out windows. Walter replaced the lap siding with bat-and-strip detailing, hung oversized corbels from the eaves, laced the elevation with muntined windows, and replaced the bump-outs with French doors. The final touch: a trellised deck with pergola sides, soon to be covered with grapevines. The new deck is roomy enough for a table, but the pergolas keep it cozy. "Unless it's snowing, I find I'm outdoors," says homeowner Elizabeth MacDonald. "It's another room for me."



continued on page 78


JUNE
26
8:30 p.m.
The sun will slowly make its final plunge into the night sky. Tired of chasing each other, the kids will come closer to the warming fire, ready to roast marshmallows. Climbing into snug sleeping bags, campfire stories will be told. Tradition will be started. But only if you start it.
I'D RATHER BE IN
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Exterior Facelifts

continued from page 76



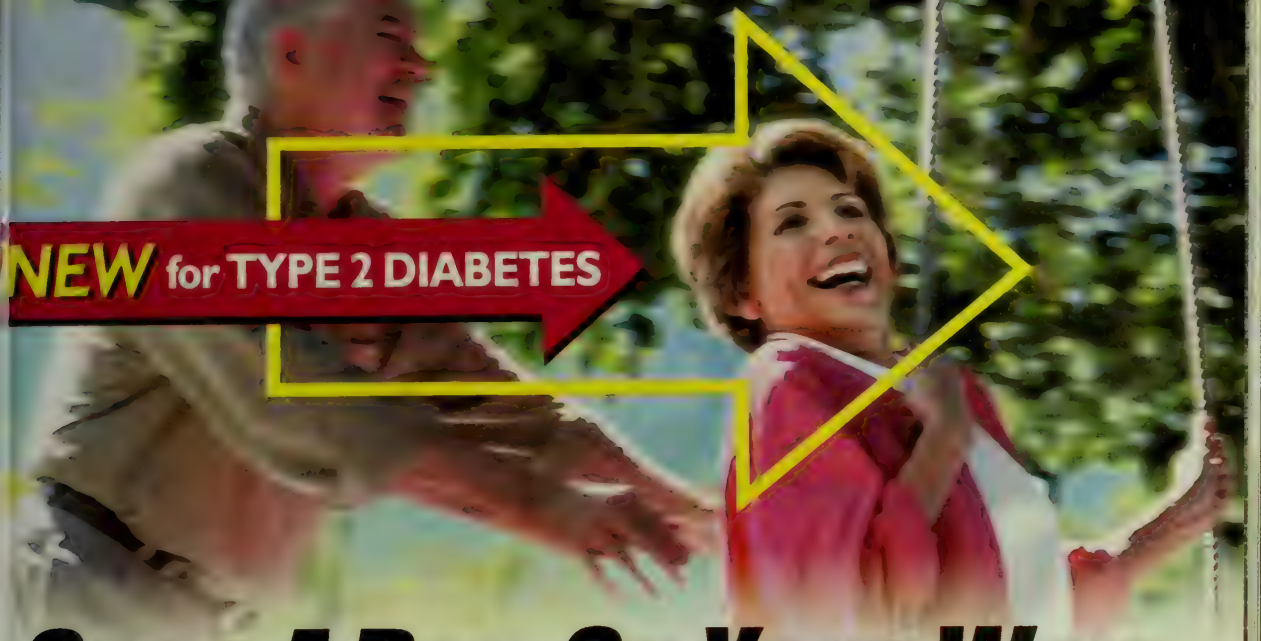
Pop the Top

Several years ago, the rear facade of this single-story Victorian home was completely obscured by a pillbox-style commercial addition. Walter put it back to rights by adding a 1,000-square-foot second story that swallowed the ugly addition whole. He then enveloped the entire house with Victorian details that had vanished over the years, such as turned balusters, fish-scale shingles, and gingerbread gable brackets. The trick to adding a second floor is to do so without making it look like what Walter calls "a gift from the sky"—as though a stylistically-alien second floor has landed on an existing house.

Buying information, page 225



New dormers blend perfectly with the home's main gable. Facing the shady backyard is a balcony-topped porch. Although the second story is new, it is carefully scaled and detailed to look as if it always belonged to the historic home.



Once A Day, On Your Way

Lowering your blood sugar just got more convenient with

NEW GLUCOPHAGE® XR
(metformin HCl extended-release tablets) ONCE DAILY

Now the #1 prescribed pill for lowering blood sugar is available in a once-a-day dose.

Along with diet and exercise, Glucophage XR can help lower your blood sugar, so talk to your doctor, today.

Important Information:

Glucophage XR is not for everyone. In rare cases, Glucophage XR may cause lactic acidosis (buildup of lactic acid in the blood) which is serious and can be fatal in half the cases. This occurs mainly in people whose kidneys are not functioning properly. Tell your doctor about your alcohol use because it can affect your risk. You should not take this drug if you: have kidney problems, are 80 or older (unless your kidneys are tested), are taking medication for heart failure, are seriously dehydrated, have a severe infection, or have or have had liver disease. The most common side effect is diarrhea.

Please see additional important patient information on the next page.

Ask your doctor about NEW GLUCOPHAGE® XR (metformin HCl extended-release tablets) ONCE DAILY

For more information call toll-free **1-877-285-0749**
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PATIENT INFORMATION

GLUCOPHAGE®

(metformin hydrochloride tablets)

and

GLUCOPHAGE® XR

(metformin hydrochloride extended-release tablets)

Read this information carefully before you start taking this medicine and each time you refill your prescription. There may be new information. This information does not take the place of your doctor's advice. Ask your doctor or pharmacist if you do not understand some of this information or if you want to know more about this medicine.

What are GLUCOPHAGE and GLUCOPHAGE XR?

GLUCOPHAGE and GLUCOPHAGE XR are used to treat type 2 diabetes. This is also known as non-insulin-dependent diabetes mellitus. People with type 2 diabetes are not able to make enough insulin or respond normally to the insulin their bodies make. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems including kidney damage, amputations, and blindness. Diabetes is also closely linked to heart disease. The main goal of treating diabetes is to lower your blood sugar to a normal level.

High blood sugar can be lowered by diet and exercise, by a number of medicines taken by mouth, and by insulin shots. Before you take GLUCOPHAGE or GLUCOPHAGE XR, try to control your diabetes by exercise and weight loss. While you take your diabetes medicine, continue to exercise and follow the diet advised for your diabetes. No matter what your recommended diabetes management plan is, studies have shown that maintaining good blood sugar control can prevent or delay complications of diabetes, such as blindness.

GLUCOPHAGE and GLUCOPHAGE XR have the same active ingredient. However, GLUCOPHAGE XR works longer in your body. Both of these medicines help control your blood sugar in a number of ways. These include helping your body respond better to the insulin it makes naturally, decreasing the amount of sugar your liver makes, and decreasing the amount of sugar your intestines absorb. GLUCOPHAGE and GLUCOPHAGE XR do not cause your body to make more insulin. Because of this, when taken alone, they rarely cause hypoglycemia (low blood sugar), and usually do not cause weight gain. However, when they are taken with a sulfonylurea or with insulin, hypoglycemia is more likely to occur, as is weight gain.

WARNING: A small number of people who have taken GLUCOPHAGE have developed a serious condition called lactic acidosis. Lactic acidosis is caused by a buildup of lactic acid in the blood. This happens more often in people with kidney problems. Most people with kidney problems should not take GLUCOPHAGE or GLUCOPHAGE XR. (See "What are the side effects of GLUCOPHAGE and GLUCOPHAGE XR?")

Who should not take GLUCOPHAGE or GLUCOPHAGE XR?

Some conditions increase your chance of getting lactic acidosis, or cause other problems if you take either of these medicines. Most of the conditions listed below can increase your chance of getting lactic acidosis.

Do not take GLUCOPHAGE or GLUCOPHAGE XR if you:

- have kidney problems
- have liver problems
- have heart failure that is treated with medicines, such as Lanoxin® (digoxin) or Lasix® (furosemide)
- drink a lot of alcohol. This means you binge drink for short periods or drink all the time
- are seriously dehydrated (have lost a lot of water from your body)
- are going to have an x-ray procedure with injection of dyes (contrast agents)
- are going to have surgery
- develop a serious condition, such as heart attack, severe infection, or a stroke
- are 80 years or older and you have NOT had your kidney function tested

Tell your doctor if you are pregnant or plan to become pregnant. GLUCOPHAGE and GLUCOPHAGE XR may not be right for you. Talk with your doctor about your choices. You should also discuss your choices with your doctor if you are nursing a child.

Can GLUCOPHAGE or GLUCOPHAGE XR be used in children?

GLUCOPHAGE has been shown to effectively lower glucose levels in children (ages 10 to 16 years) with type 2 diabetes. GLUCOPHAGE nas not been studied in children younger than 10 years old. GLUCOPHAGE has not been studied in combination with other oral glucose-control medicines or insulin in children. If you have any questions about the use of GLUCOPHAGE in children, talk with your doctor or other healthcare provider.

GLUCOPHAGE XR has not been studied in children.

How should I take GLUCOPHAGE or GLUCOPHAGE XR?

Your doctor will tell you how much medicine to take and when to take it. You will probably start out with a low dose of the medicine. Your doctor may slowly increase your dose until your blood sugar is better controlled. You should take GLUCOPHAGE or GLUCOPHAGE XR with meals.

Your doctor may have you take other medicines along with GLUCO GLUCOPHAGE XR to control your blood sugar. These medicines may inc shots. Taking GLUCOPHAGE or GLUCOPHAGE XR with insulin may help control your blood sugar while reducing the insulin dose.

Continue your exercise and diet program and test your blood sugar reg taking GLUCOPHAGE or GLUCOPHAGE XR. Your doctor will monitor your d may perform blood tests on you from time to time to make sure your kidne liver are functioning normally. There is no evidence that GLUCO GLUCOPHAGE XR causes harm to the liver or kidneys.

Tell your doctor if you

- have an illness that causes severe vomiting, diarrhea or fever, or if you d lower amount of liquid than normal. These conditions can lead to seve tion (loss of water in your body). You may need to stop taking GLUC GLUCOPHAGE XR for a short time.
- plan to have surgery or an x-ray procedure with injection of dye (con You may need to stop taking GLUCOPHAGE (metformin hydrochlorid GLUCOPHAGE XR (metformin hydrochloride extended-release tablets time.
- start to take other medicines or change how you take a medicine. GLU and GLUCOPHAGE XR can affect how well other drugs work, and som affect how well GLUCOPHAGE and GLUCOPHAGE XR work. Some me cause high blood sugar.

What should I avoid while taking GLUCOPHAGE or GLUCOPHAGE XR?

Do not drink a lot of alcoholic drinks while taking GLUCOPHAGE or GLUCO This means you should not binge drink for short periods, and you should no of alcohol on a regular basis. Alcohol can increase the chance of getting lac

What are the side effects of GLUCOPHAGE and GLUCOPHAGE XR?

Lactic Acidosis. **In rare cases, GLUCOPHAGE and GLUCOPHAGE XR c serious side effect called lactic acidosis. This is caused by a buildup of in your blood. This build-up can cause serious damage.** Lactic acidosis GLUCOPHAGE (metformin hydrochloride tablets) and GLUCOPHAGE XR hydrochloride extended-release tablets) is rare and has occurred mostly in pe kidneys were not working normally. Lactic acidosis has been reported in a 33,000 patients taking GLUCOPHAGE over the course of a year. Although r acidosis does occur, it can be fatal in up to half the people who develop it.

It is also important for your liver to be working normally when you take GLU or GLUCOPHAGE XR. Your liver helps remove lactic acid from your blood.

Make sure you tell your doctor before you use GLUCOPHAGE or GLUCOP you have kidney or liver problems. You should also **stop using GLUCO GLUCOPHAGE XR and call your doctor right away if you have signs of dosis. Lactic acidosis is a medical emergency that must be treated in a**

Signs of lactic acidosis are:

- feeling very weak, tired, or uncomfortable
- unusual muscle pain
- trouble breathing
- unusual or unexpected stomach discomfort
- feeling cold
- feeling dizzy or lightheaded
- suddenly developing a slow or irregular heartbeat

If your medical condition suddenly changes, stop taking GLUCOP GLUCOPHAGE XR and call your doctor right away. This may be a sign of la sis or another serious side effect.

Other Side Effects. Common side effects of GLUCOPHAGE and GLUCO include diarrhea, nausea, and upset stomach. These side effects generally go you take the medicine for a while. Taking your medicine with meals can h these side effects. Tell your doctor if the side effects bother you a lot, last for a few weeks, come back after they've gone away, or start later in therapy. You a lower dose or need to stop taking the medicine for a short period or for go

About 3 out of every 100 people who take GLUCOPHAGE or GLUCOPHAG an unpleasant metallic taste when they start taking the medicine. It lasts for a

GLUCOPHAGE and GLUCOPHAGE XR rarely cause hypoglycemia (low bloo themselves. However, hypoglycemia can happen if you do not eat enough, alcohol, or if you take other medicines to lower blood sugar.

General advice about prescription medicines

If you have questions or problems, talk with your doctor or other healthcar You can ask your doctor or pharmacist for the information about GLUCOP GLUCOPHAGE XR that is written for health care professionals. Medicines times prescribed for purposes other than those listed in a patient information not use GLUCOPHAGE or GLUCOPHAGE XR for a condition for which it w scribed. Do not share your medicine with other people.

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Bristol-Myers Squibb Company
Princeton, NJ 08543 U.S.A.

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Door Triple Dresser, $825. Above: Panel Bed[1], $350; Door Chest, $825; Door Triple er, $825, and Landscape Mirror, $315.

[1]Bed shown. Full, King and California King also available. Matching rails also available.

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Ditch the coffee bar. Now coming home is cool. Especially when you fall into Fontana™. This classic but contemporary furnishing favorite by Broyhill® brings class and comfort to your already ultra lifestyle. Keep it simple with next to nothing or lavish it with silks and satins. With its washed pine-stained finish, graceful curves and intricate floral overlays, Fontana™ makes the best of your style. Enjoy great storage and a clean, crisp design without the killer price tag.

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Fontana™ by Broyhill®

Walk into any of these rooms and boom – instant attitude adjustment. You're home and happy with Fontana™. Absolutely for the way you live – from fresh plaid sofas as comfortable as your favorite jeans to the versatile youth bedroom below. This is furniture fashion for friends and family; relaxed comfort and sophisticated style. Fontana™ is furniture to live with and love.

Above: Transitional Sofa[2], $899; matching Settee[2], $869; coordinating Chair-and-a-half[2], $649; Cocktail Table, $325; Commode End, $275; Square Lamp, $290, and Entertainment Armoire[3], $1315. Above left: Ottoman[2], $399. Left: Sofa Table, $365, and Vertical Mirror, $250. Below: Twin Panel Bed[4] with matching rails, $450; Double Dresser, $575; Vertical Mirror, $250; Five Drawer Chest, $550; Night Stand, $315; Large Hutch Bookcase, $415; Student Desk, $450, and Desk Chair, $215.







Fresh looks for the way you live. Fontana™

Transitional Sofa[2], $999; matching Chair[2], $649, and Ottoman[2], $399; Storage Cocktail, $525; Step Lamp Table, $400, and Entertainment Center[3], $1340.



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What are you waiting for?

Bring on the party. Whether it's Chinese take-out or dinner for the in-laws, this friendly Farm Table and comfortable seating will make the evening sizzle. The China has handy storage for linens and tableware, and makes a hip showcase for collectibles. As good as it gets? You can bet your Fontana™.

Right: Farm Table, $775; Ladderback Arm Chair, $215 ea.; Ladderback Side Chair, $190 ea., and China (also shown below), $1725.





Fontana™ by Broyhill®

'Queen Bed shown. Full, King and California King also available. Matching rails also available. 'Upholstery pieces available in other fabrics. Prices vary according to fabric selection and style. Select frames also available as Sleepers. 'Entertainment Cer accommodates most 27" televisions. Check the dimensions of the product and your individual TV for compatibility before purchasing. 'Twin Bed shown. Full and Queen also available.

Manufacturer's suggested "Smart Buys" prices effective through June 30, 2001. Prices may vary at individual retailers. All items may not be available at all locations. Furniture items may be specially ordered. AD#851. ©2001 Broyhill Furnitu Industries, Inc. Printed in the USA.

For a free copy of "Visions," our 26-page decorating guide, call Broyhill Consumer Assistance at 877-888-5999. Visit our web site at www.broyhillfurn.com.

Smart Buys™ from Broyhill®

Fontana has a pine stain finish over pine veneers and wood solid In selecting materials, designers and engineers at Broyhill create value by designing products that use a combination of solid woo selected veneers and grain-engraved composite wood cores. Mati grain engraving is used on plastic tops and hardboard backs of w systems, bookcases, hutches and china decks. Some parts or dec embellishments may be made of molded man-made components ensure strength and durability.

The items on these pages may be purchased at the following Broyhill Dealers:

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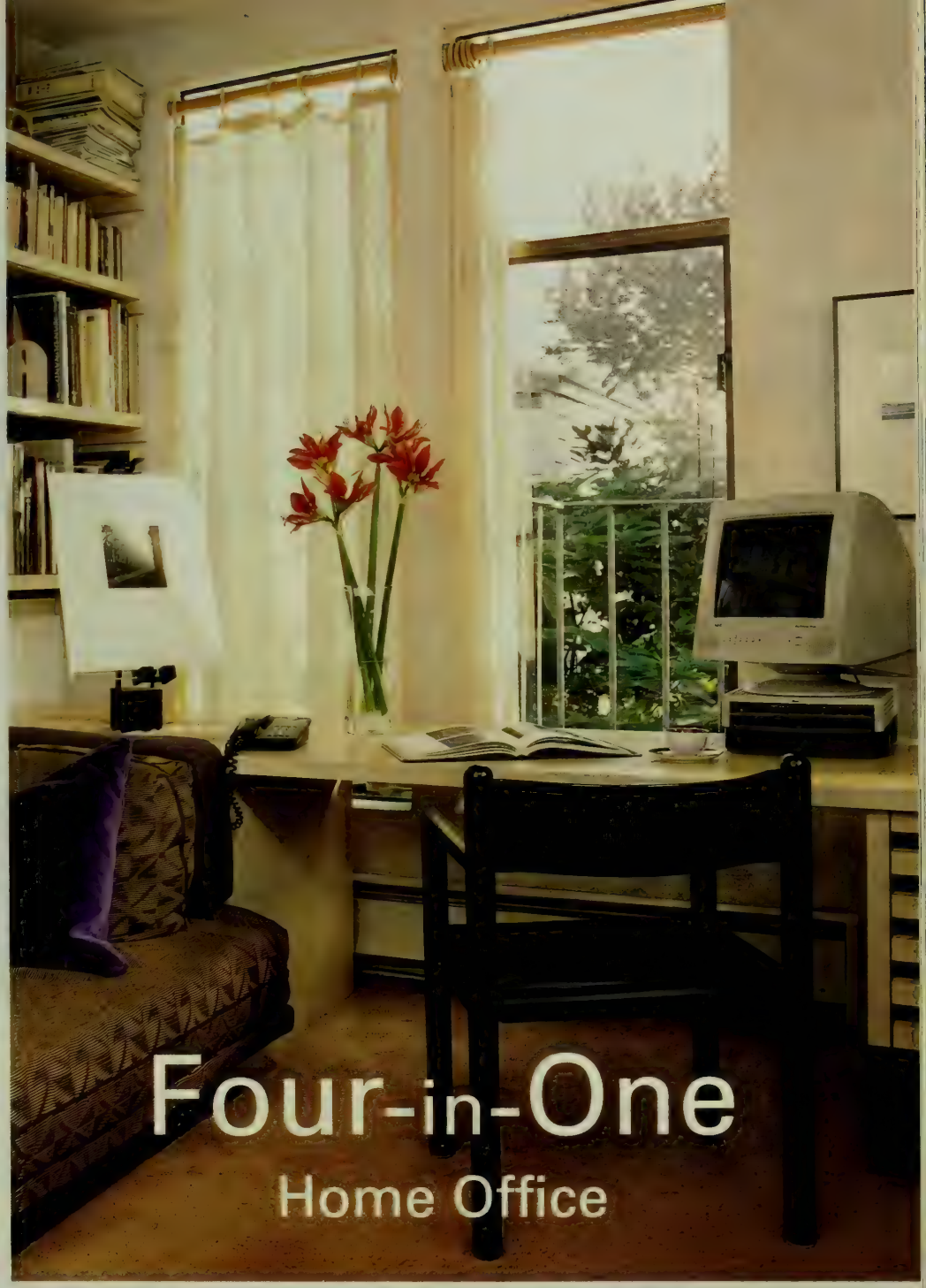
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* Denotes Broyhill Showcase Gallery

by
Patricia
Prijatel

How much can you fit into 150 square feet? How about a full-size desk, a bookcase, a guest bed, and a media center.

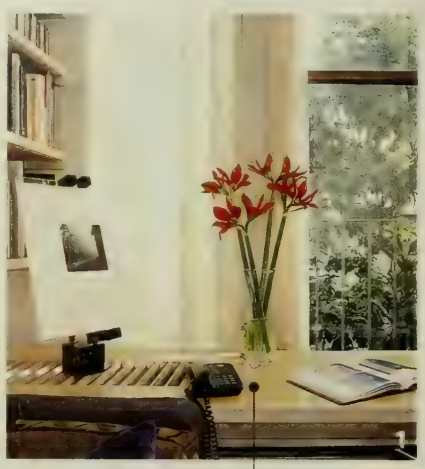


Four-in-One
Home Office

Space in the San Francisco home of architect David Hale is tight, so even a spare room must serve several purposes. After an earthquake knocked out the shelf system in David's old study, he surveyed the damage and started over with space-savvy built-ins. He designed a daybed, a media module that doubles as a room divider, bookshelves, and a desk large enough for sketching and planning. "When you build in things, you don't have those leftover little vacant corners," Hale says. continued on page 82

Four-in-One Home Office

continued from page 81













1. An oak tabletop serves as a desk; the open grille is a working grat connected to a baseboard heating unit at the end of the room. 2. The medi center separates the office area from the living room, and accommodate a TV, stereo, bookshelves, and storage cabinets. 2a. Drawers constructe in varying depths hold CDs and videos. The striking grille pattern tha fronts the cabinetry is made of three-dimensional oak bands. 3. The storag compartment behind the daybed hides pillows and guest linens. 4. A sid table also serves as a custom bed for pampered pooch Reggie.

Buying information, page 22



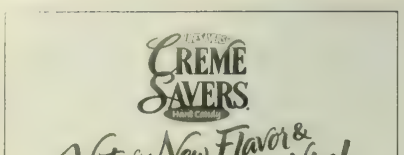
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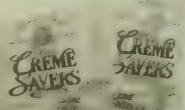
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Creme Savers Sweepstakes Official Rules

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All completed "mail entries" (official entry forms, 3"x5" cards/papers) must be mailed separately in a business size (#10) envelope and must be postmarked by April 30, 2001 and received by May 7, 2001. No copies or mechanical reproductions of mail entries will be accepted. Each mail entry must be mailed separately. **PLEASE WRITE THE FLAVOR (1 of the 3 choices) YOU ARE VOTING FOR ON THE OUTSIDE OF THE ENVELOPE.** 2. Access the Creme Savers website at www.candystand.com and click on the Creme Savers Sweepstakes icon. Complete the on-line official entry form and click on the submit icon to enter the Sweepstakes. All internet entries must be received by 11:59 PM ET April 30, 2001. Any other form of Internet or e-mail entry is void. Limit one entry (of any kind) per person or e-mail address per day. Should multiple users of the same e-mail account enter the Sweepstakes and a dispute thereafter arise regarding the identity of the entrant, the authorized subscriber of said e-mail account at the time of entry will be considered the entrant. Authorized account subscriber is defined as the natural person who is assigned an e-mail address by an Internet access provider, on-line service provider or other organization which is responsible for assigning e-mail addresses or the domain associated with the submitted e-mail address. Any use of robotic, automatic, programmed or like means to enter the Sweepstakes online will void all such online entries effected by such methods. 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Winners will be notified by mail approximately 4 weeks after the drawing. **PRIZES/APPROXIMATE RETAIL VALUE (ARV)/ODDS OF WINNING. Grand Prize:** One (1). 7 Day/6 Night Trip for winner and one guest to the Sandals Royal Bahamian Resort. Trip consists of round trip first class air transportation for winner and guest from major commercial airport near winner's residence to Nassau, Bahamas, ground transfers to and from airport and hotel accommodations at the Sandals Royal Bahamian Resort (1 luxury room, double occupancy). ARV: $10,000. **First Prize:** Four (4). 4 day/3 night Carnival® Cruise for winner and a guest. Winner may select only ONE of the following two departure points: 1. Trip consists of round trip coach air transportation for winner and guest from major commercial airport near winner's residence to Miami, FL, (cruise destination Bahamas), ground transfers to and from airport and 1 standard room, double occupancy, exterior cabin. 2. Trip consists of round trip coach air transportation for winner and guest from major commercial airport near winner's residence to Los Angeles, CA, (cruise destination Mexico) ground transfers to and from airport and 1 standard room, double occupancy, exterior cabin. ARV: $3,200 each. **Second Prize:** Two Thousand (2,000) 2 Movie tickets in the form of Movie Cash Certificates™. ARV: $15 each pair. Total ARV of all prizes: $52,800. Odds of winning depend on the total number of eligible entries (mailed and Internet) received. Winner is solely responsible for all other expenses not specifically set forth herein, including (as applicable), gratuities and other incidentals. Major prizes will be awarded approximately 4-8 weeks after winner verification. For Grand and First Prize, travel is subject to availability and must be completed within one year of award date. Winner and guest are solely responsible for obtaining necessary travel documents. Winner must provide at least 21-day advance notice prior to date of departure. Winner and guest must travel together. Grand and First Prize winners will be required to sign an Affidavit of Eligibility, Liability Release, and a Publicity Release (where legal), to be returned within 14 days of receipt of prize notification. Guest of winner must execute and return a Release of Liability and a Publicity Release (where legal) prior to issuance of travel documents. In the event of noncompliance with these requirements, prize may be forfeited and an alternate winner selected. If prize/prize notification is returned as undeliverable, such prize will be forfeited and an alternate winner selected. If guest is a minor, guest's parent or legal guardian must sign release for guest. 1 prize per person/family/household/e-mail address. Prizes are not transferable. No prize substitution or cash equivalent of prize except at sole discretion of Sponsor, for a prize of equal or greater value, due to unavailability of prize for any reason. Taxes on prize are solely the responsibility of winner. In the event, in the sole judgment of Sponsor, the Internet portion of the Sweepstakes is compromised by virus, bug, non-authorized human intervention, or other cause beyond the control of Sponsor such that the Internet portion of the Sweepstakes cannot be conducted as originally planned, Sponsor reserves the right, at its sole discretion, to cancel, modify or suspend the Internet portion of the Sweepstakes. In such event, winners will be selected in a random drawing composed of all eligible mail entries received and all eligible Internet entries received prior to and/or after, if appropriate, the action taken by Sponsor. **RELEASES.** By participating, entrants agree to hold harmless Nabisco, Inc. ("Sponsor"), Gage Marketing Group, their respective parent companies, affiliates and subsidiaries, and the officers, directors, shareholders, agents and employees of any of the above entities from any and all liability, loss or damage incurred with respect to all aspects of the Sweepstakes and/or the awarding, receipt, acceptance, possession or use/misuse of any prize. By accepting prize, winner agrees to the Sponsor's use of his/her name and address (city & state), photograph, videotape or likeness for advertising or publicity purposes and to the use of statements made by or attributed to the winner relating to Sweepstakes or Sponsor, and grants to Sponsor any and all rights to said use, without further compensation or notice, unless prohibited by law. **ELIGIBILITY.** Subject to all applicable federal and state laws and regulations. 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Four Seasons Stitcheries

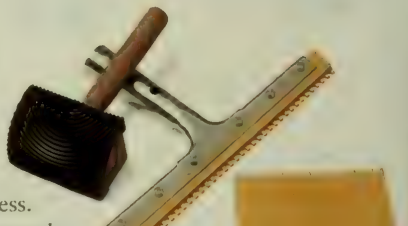


Seasonal motifs and colors accent the "To Everything There Is a Season" verse stitched on these four samplers. Slight variations in the alphabet styles and designs make them "samplers" in the historical sense of the word. Each measures about 7×9 inches. Designed for *Better Homes and Gardens®* magazine by Banar Designs, these *exclusive* counted cross-stitch kits are not available in retail stores.

Each kit comes with a full-color photo, 14-count Fiddler's cloth cross-stitch fabric, embroidery floss, needle, chart, and step-by-step instructions. One kit costs $17.95; additional kits are $15.00 each. All prices include shipping, handling, and applicable sales tax. When placing your order, please specify spring, summer, fall, or winter designs.



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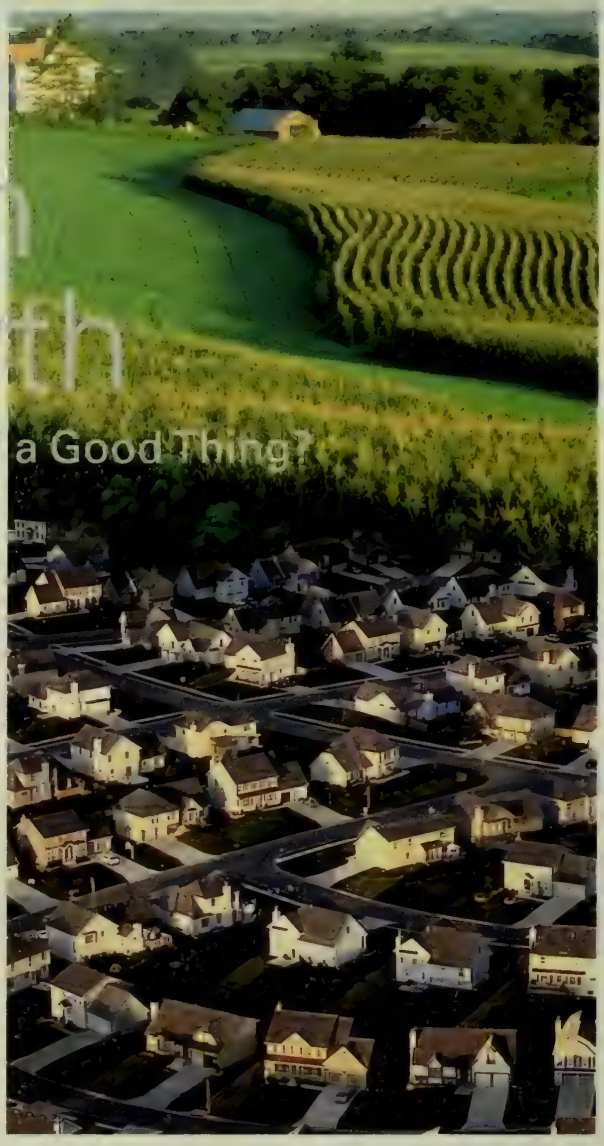


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Urban Growth

Too Much of a Good Thing?

Rapid growth is changing the face of our towns and cities—and not necessarily for the better. Is growth something you should be concerned about? If so, what should you and your community do about it?



Urban growth is acquiring a bad rep. A growing number of Americans in various walks of life believe that, in our rush to achieve the American dream—a large part of which is owning a home of our own—we are overshooting the mark and triggering a cancerous pattern of urban decay and blight. Generally called sprawl, this kind of decay and blight threatens to engulf even the tidily manicured acres of suburbia. No longer an issue of interest only to urban-planner idealists and social activists, sprawl has become a major concern of the voting public, second only to crime. continued on page 89

by William L. Nolan

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ILLUSTRATIONS: URBAN ADVANTAGE

Regional malls and other types of shopping areas often fail to compete with newer shopping areas farther out. Smart-growth planners use computer-aided graphics to show how these sterile, empty spaces can become vital commercial centers once again. Transformations like these rely on people-friendly elements to work the magic. Multistory buildings fronting on wide sidewalks and lined with shops at street level turn bleak parking lots into outdoor "rooms." Wide entrance drives become narrow streets with parallel parking spaces and borders of trees and grass, helping to calm traffic and make the space feel "cozier."

Market-driven growth

Lisa Mowry, a journalist who lives near Atlanta, Georgia, sees fellow Atlantans choosing up sides on the issue of sprawl. "Because of the attention Atlanta has received as sprawl capital of the U.S.," she says, "it has certainly polarized its citizens. As someone who lived in town for 15 years and now lives in suburbia, I see both sides very clearly." On one side are those who believe urban growth should be controlled by governmental regulations. On the other are those who believe growth should be governed only by market forces in a free economy. In most areas of the country, government influence on growth amounts chiefly to decisions made by city traffic engineers and state highway commissioners, who tend to favor the types of planning concepts that facilitate sprawl rather than control it. Although most towns and cities have regulations that dictate, to some extent, what type of growth can occur in a given area and what type of infrastructure (roads, utility lines, etc.) will get built, it's largely the local economy that drives or limits urban expansion—how many subdivisions and commercial buildings are constructed, how large such projects become, and how far and in what direction development spreads beyond the urban core.

Sprawl vs. smart growth

For several decades, suburbs have been sprouting and growing rapidly around America's cities, and roads have been built or extended to link them together and to the urban core. Unfortunately, many of the urban cores were left to stagnate and decay. And many of the inner-city problems that originally drove people to the suburbs—traffic jams, smog, street crime, high taxes, and long lines at checkout counters—are now following them out there. Linda Hamel, a suburbanite near Portland,

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Smart Growth

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Oregon, says, "Our town doesn't feel like home anymore. We have become a community of strangers with neighbors moving away and more traffic and crowding." Wendy Bowman-Littler, who until recently lived in the Atlanta suburb of Lawrenceville, agrees that sprawl is a serious problem. "It was enough of a problem that I moved back into town. The traffic got worse every year and more people moved into Lawrenceville. I was so miserable that I paid twice what my house was worth just to be less stressed out and to actually have a life!"

Sprawl's reliance on automobiles as the chief mode of transportation tends to limit the lifestyle options of those who don't—or can't drive. In a recent article in *The Atlantic Monthly*, authors Bruce Katz and Jennifer Bradley pointed out that "for a seventy-five-year-old without a car, sprawl can be uncomfortably close to house arrest."

A 1999 survey of 351 state and local government officials by the American Institute of Architects underscored widespread public concern about sprawl. Seventy-eight percent of the survey respondents cited sprawl as a high-priority problem. Such pressure from the voting public has spurred a trend in urban planning called smart growth. Although it can mean different things depending on which urban planner or theorist you talk to, smart growth generally involves governmental regulations that are more comprehensive than the codes and regulations currently in force in most parts of the country. Some smart-growth programs focus on a hard-nosed containment strategy called an urban growth boundary (UGB), which prohibits development of rural areas until areas inside the boundary are fully developed. Other smart-growth initiatives adopt a looser strategy, relying on parks, trails, or preserves to maintain a balance between urbanized and natural terrain. Urban development is then allowed to "flow" around these preserves as market forces dictate—sort of like the way firebreaks control fires in a forest.

Policymakers in state and local governments aren't the only ones taking action against sprawl. Officials in higher places are also joining the fray, giving the concept of smart growth a national forum. One example is former vice president Al Gore, who gave high priority to livable urban areas by adding what he called





Portland, Oregon, is one American city that has taken dramatic steps to fend off sprawl. In addition to adopting an urban growth boundary and encouraging redevelopment inside the city limits, it recently outlawed the construction of suburban-style "snout houses" (*above*)—houses whose front facades consist mainly of double garages. The law specifies that garages for new homes built within the city limits must not protrude beyond the front wall, and that entrances must be clearly visible from the street.

a "livability agenda" to his presidential campaign platform. Another example is the National Association of Home Builders, which has adopted a smart-growth policy in order to help its member builders serve their markets without encouraging sprawl.

Rewriting the rules

Besides promoting the adoption of strategies like these, advocates for smart growth are urging revision of government policies already in force, such as traditional codes and tax laws that foster sprawl. For example, in 1997, the Maryland state legislature enacted a law that's designed to pull the plug on state subsidies for sprawl. In 1998, Tennessee enacted legislation that requires local governments in the state to create urban growth boundaries. And in 1999, Wisconsin enacted a smart growth law that mandates that all cities, towns, and villages with a population of more than 12,500 adopt a traditional neighborhood development (TND) ordinance by January 2002. Oregon, an early pioneer of growth-control measures, boasts the country's first urban growth boundary, which was established in Portland in 1973.

Arguments pro and con

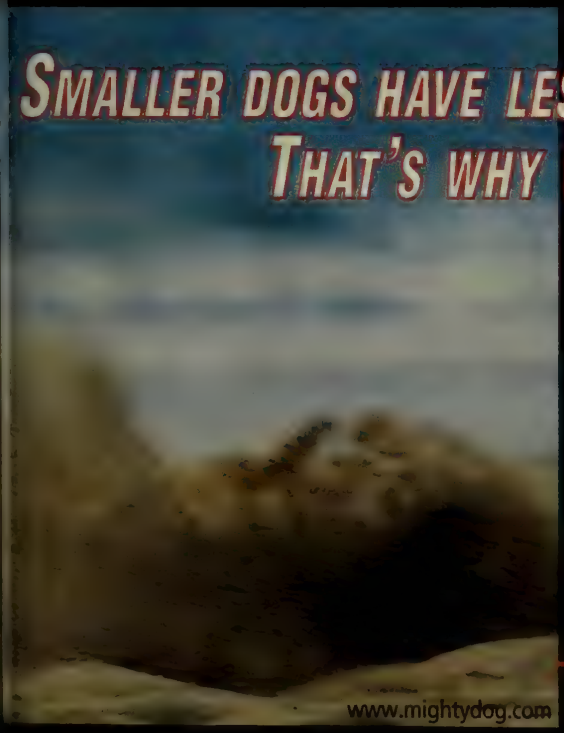
Measures designed to control growth and encourage pedestrian lifestyles tend to stir up strong opinions from two opposing factions—those who hate sprawl and the auto-centered culture that shapes it, and those who love free enterprise. In fact, about the only thing that the two camps agree on is that urban growth can't be halted permanently; it can only be paced or channeled.

Those favoring market-driven growth argue that governments have

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Smart Growth

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no business trying to regulate growth in a free economy. Such regulations, they say, are un-American and they tend to inflate property values by forcing developers to compete for fewer available sites. Oregonians Kerry and Travis Bishop, who recently bought their first house in suburban Portland, found that newer homes inside the urban growth boundary cost $30,00 to $40,000 more than those outside the boundary. "We couldn't afford a house in the area where we used to live [inside the UGB]," says Travis. "Where we live now is sort of faceless suburbia." Growth boundaries also stunt commercial development because commercial sites inside the boundaries may be too small or too expensive to accommodate profitable developments. And adopting urban planning concepts that favor pedestrian rather than auto-oriented lifestyles runs counter to what most Americans really want—namely, a house with a double or triple garage far out in the suburbs.

Those favoring managed growth point out that free-market growth doesn't pay off in the long run. Instead, it hastens the decay of our urban cores; it encourages a wasteful, low-density use of precious agricultural land for tract housing and low-rise commercial development; and it limits freedom of choice by producing a stiflingly uniform urban environment, one that favors affluent suburban singles and families. Not only does sprawl not pay off, they add, it actually becomes a drain on our pocketbooks. Extending utility lines, thoroughfares, police and fire protection, and other city services far beyond the city core puts a strain on government budgets. Says Portlander Susan Lodge, "Every time growth happens, citizens foot the bill for the roads, sewers, and schools. Growth should pay its own way."

SKYROCKETING COSTS

The following data show how the cos of providing community services sky rocketed in three fast-growing Califo nia cities. The additional bond debt fo covering such costs usually requires substantial boost in property taxes.

Fresno	**1984-85**	**1999-2000**
Population	284,000	415,000
Area (sq. miles)	93	103
	Yearly cost (millions)	
Services	$56	$122
Bond debt	$3.3	$329
Bakersfield	**1984-85**	**1999-2000**
Population	130,000	233,000
Area (sq. miles)	78	114
	Yearly cost (millions)	
Services	$38	$113
Bond debt	$15	$30
Modesto	**1984-85**	**1999-2000**
Population	124,000	185,000
Area (sq. miles)	29	35
	Yearly cost (millions)	
Services	$27.5	$64
Bond debt	$11.5	$69

Courtesy of the Los Angeles Times

Where do you stand?

If you're unsure which viewpoin to support, you're not alone. Man Americans find themselves confuse or on the fence regarding this issue even if they haven't yet heard com pelling arguments from the tw opposing camps. On the one hand you may hate sprawl because it's ugl and because nobody likes to ge caught in traffic jams. On othe hand, you may not be willing to giv up the freedom to live where yo choose. Paula Dieters, a homemak er who grew up in Atlanta and no lives in the suburbs, puts a premiu on this freedom. "UGBs take awa our constitutional right to live any where we want," she says. Fello Atlantan Philip Cates agree "Growth is usually good. You'r never going to stop growth, no should we."

So far, at least, most of us hav enjoyed the luxury of choosin

continued on page 9



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Estimated circulation of this offer is 40 million. **Winner Selection:** Winners will be determined in random drawings from among all eligible entries received on or about 07/14/01, by Ventura Associates, Inc., an independent judging organization whose decisions are final in all matters relating to this Sweepstakes. Winners will be notified by mail on or about 7/31/01 and will be required to complete and return an Affidavit of Eligibility and Liability Release and Publicity Release which must be returned within 14 days from date printed on the notification letter or an alternate winner will be selected at random. If a prize notification is returned as undeliverable, the winner will be disqualified and an alternate will be selected at random. If winner is an eligible minor, prize may be awarded to parent or legal guardian. 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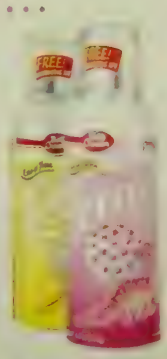
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where to live because auto travel has remained relativel cheap—thanks mainly to massive subsidization of high ways by the federal government. And for most of us cities based on sprawl and an auto-centric lifestyle are th only kind we're familiar with; life without automobile seems foreign, if not downright unimaginable.

What, then, accounts for the groundswell of publi opposition to sprawl? In part, it's a growing realizatio that our auto-centered cities are plagued with seriou and inherent flaws. Long before sprawl gained nationa attention, many of us saw older suburbs become clogge with traffic, their shopping malls turning seedy and thei residential property values stagnating or declining.

ORGANIZATIONS

- Congress for the New Urbanism, 5 Third St., Suite 500A San Francisco, CA 94103; 415/495-2255; www.cnu.org.
- The Smart Growth Network, 777 North Capitol St., NE Suite 500, Washington, DC 20002-4201; 202/962-359 http//smartgrowth.org.
- Center for Livable Communities, 1414 K St., Suite 250, Sacra mento, CA 95814-3966; 800/290-8202; www.lgc.org.
- GSA Center for Urban Development, 1800 F St., NW, Wash ington, DC 20405; 202/501-1881.

PUBLICATIONS

- "Divided We Sprawl," by Bruce Katz and Jennifer Bradley The Atlantic Monthly (December 1999).
- "Challenging Sprawl," The National Trust for Historic Prese vation, 1785 Massachusetts Ave. NW, Washington, DC. 2003
- *The New Urbanism*, by Peter Katz (McGraw-Hill Inc., 1994)

WEB SITES

- www.uli.org. The Urban Land Institute, 1025 Thomas Je ferson St., NW, Suite 500 West, Washington, DC 2000 800/321-5011.
- www.preservenet.com. Index of Web sites on urban spraw
- www.livable.com. The Partners for Livable Communities
- www.mainst.org. National Main Street Program of th National Trust for Historic Preservation.

ook Who's Cooking with California Raisins

WOLFGANG PUCK

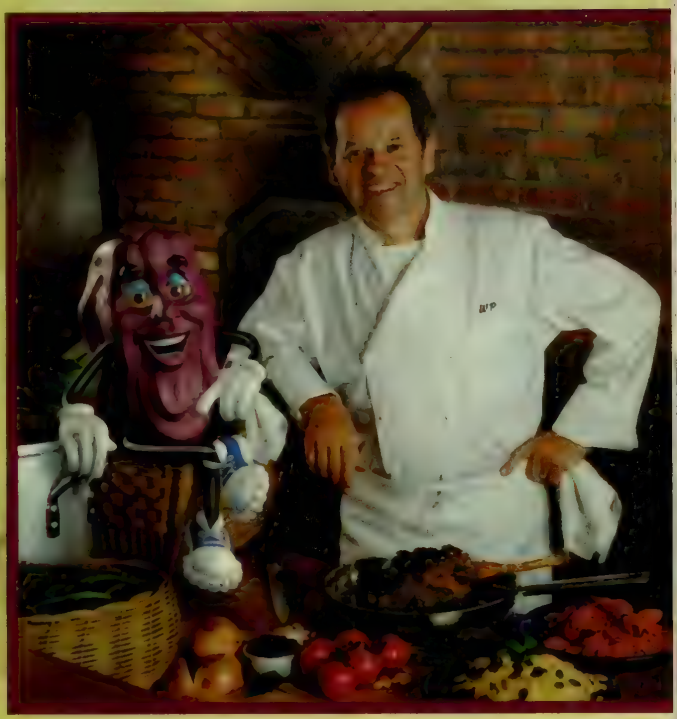
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What should you do?

The question, then, isn't whether sprawl is something you should be concerned about or whether it will affect your community. Instead, you need to ask yourself to what extent sprawl is likely to affect you and your family, and how and to what extent you should get involved in the movement to control urban growth. If you live in or near a large metro area, you may be asked to take a stand at the ballot box on growth-related measures such as annexation plans or a proposal to replace local city governments with a regional one. Or you may be urged to join a citizens' action group to help stop construction of a new freeway or to preserve green spaces that are threatened with development. Oregonian Linda Hamel didn't simply join an action group; she decided to form one, by uniting local neighborhood associations into an organization called the League of West Linn. "Development projects here tend to be approved and started before the regular citizens find out about them," says Linda. "We heard that the city was planning to tear down trees for a water tower, and we were able to stop it before they took down one tree. We've inventoried the natural resources in this area that need protecting, and we're coming up with plans to make sure that happens."

Before voting or taking other action on sprawl, you'll want to bone up on the subject. A number of books and articles are published each year (see list, *left*), and several Web sites on sprawl and smart growth are building constituencies.

Sources like these will help you decode the lingo that urban planners and theorists use. They also will give you a grasp of the various theories and urban-planning concepts being tested in the fight against sprawl—ideas that may become much-debated topics in your local news media, or proposals on the agenda of your city council meetings. But it's also important to take a serious look at what's really working out there on the front lines, and to question whether a scheme that works well in one locale will succeed in yours.

Although sprawl is a complex issue, it boils down to a simple and personal matter. Eventually, each of us will probably have to decide whether we dislike sprawl enough to give up certain freedoms in order to make our cities more livable. Linda Hamel believes that getting involved is well worth it in the long run. "I don't want to see any more trees come down, and I am excited about finally doing something about all of this uncontrolled growth."

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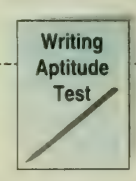
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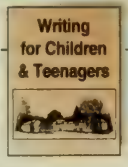
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by Michele Meyer

6 steps to stronger families

Twenty-five years of research involving 14,000 families has uncovered this secret to building a stronger family: It takes commitment. Successful families—those that avoid the daily dissension that often leads to divorce or abandonment—build a wall of shared commitment around themselves, says Nick Stinnett, lead researcher and professor of human development and family studies at the University of Alabama in Tuscaloosa.

Five other elements add to success. Strong families have the ability to express open appreciation and affection, they encourage positive communication, they spend time together, they nurture spiritual well-being, and they cope well with stress and crises. These elements prevailed regardless of location, socioeconomic status, religious affiliations, regions, and whether first- or second-marriage parents or single parents headed the family.

"Strong families know they're there for each other for the long haul," says Stinnett. Here's his recipe, along with specific actions you can take to unify your loved ones.

1 Be committed

"The pledge to the family comes first," says Stinnett, who coauthored *Fantastic Families: Six Proven Steps to Building a Strong Family* (1999) with Nancy Stinnet Alice Beam, and Joe Beam. "They don't question wheth it's best to part ways. That's one less decision, whic reduces a lot of stress."

To build commitment, you can:

- Pare outside activities so family members can devo time and energy to each other.
- Make 'one for all' your motto. Children should b expected to pitch in. "Too many parents cater to the kids," says Cindy Belohlavek, 47, of Sabin, Minnesot mother of Nicole, 23. Nicole was expected to help cle and cook starting at age 8. "In our house, if somethi needs to be done, whoever has the time takes care of it
- Make a big deal of holidays. "This creates unity throug happy memories," Stinnett says. Belohlavek and h husband, Greg Sanders, 44, decorate the house wi banners in the middle of the night before birthdays a hide Easter baskets for each family member. "It doesn matter how old our daughter gets, we always do it."
- Revel in your family history. Encourage pride in yo heritage by interviewing grandparents or creating family logo. The Bullingtons, of Murfreesboro, Tennesse

continued on page 1



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6 Steps to Stronger Families

continued from page 98

devote their living room walls to family pictures and crafts, including quilts made by a grandmother.

- Develop a family vision. Meet at least monthly to review schedules and goals. Put into writing your family's dreams.

2 Express appreciation and affection

"Strong families are good diamond hunters," Stinnett says. "They dig through the rough looking for the good in each other. They build each other psychologically and realize that the need to be appreciated is one of deepest needs we all have."

- Declare "appreciation" nights, when everyone around the table says something they like about the designated person. It gets the family in the habit of looking for good qualities in each other and expressing their appreciation.
- Write down 10 things you like about your spouse. "Be specific and strive for character traits, and not just what they do for you," Stinnett says.
- Reframe your perspective. Many traits that irritate us are good qualities carried to the extreme, Stinnett says. For instance, stinginess could be considered extreme thriftiness, and bossiness as leadership.
- Be a good role model. Be appreciative of each other and your kids, and they'll follow suit. "We hug, kiss, and say 'I love you' every day," Belohlavek says. "The more you hug, the more open you are about communicating."
- Accept appreciation gracefully. Don't discourage praise by questioning its merit. Instead, say "Glad you like it."



Powerful families band together, but are open to the needs of others.

3 Share positive communication

Keeping conversation positive, versus hostile and derisive, will enable the other person to feel more respected and encourage sharing of thoughts.

Stinnett also recommends evaluating yourself to make sure you don't discourage others by interrupting, mind reading, or going off on monologues. "Pick a habit to correct and focus on it for a month," he says.

- Keep a family journal. Chronicle the little things, as do the Currys of Lincoln, Nebraska, who still contribute to the diaries and baby books created at birth for Krissa, 19, and Jon, 22. "Their baby books are several volumes—and growing," says mom Eileen, 56, a marriage therapist.

4 Spend time together

It's trite but true: Quantity counts as much as quality when it comes to family togetherness. Stinnett says one of the biggest problems is that families spend so little time together. "They never develop a family identity."

- Plan group activities. You might reserve a night exclusively for family, as do the Bullingtons, who eat popcorn and play games on Sundays after church. "Make the time pleasant, not a time to bring up problems," Stinnett says.
- Do nothing—together. "Think back to your childhood and you'll realize that your happiest memories probably involve times when you were doing 'nothing,' perhaps sorting socks with your mom," Stinnett says. "That's when you could talk in an unhurried way."

5 Nurture spiritual well-being

Powerful families may band together, but they're open to the needs of others. Eileen Curry says that her family has the sense that there is a reason for life beyond mere existence. "This gives us a sense of encouragement, helping us to focus on what's really important." To reach that level:

- Pray and meditate. You could go to church or discuss spiritual issues at home. The Bullingtons, for instance, study the Bible and sing hymns together.
- Teach responsibility. Kids will be less self-involved if you remind them of the world beyond them, Stinnett says. So give time, muscle, and money to a cause—and encourage the same from your kids.

6 Learn to cope with stress

Crises cause the strong to unite, which makes them all the more powerful. Follow these guidelines:

- Don't take conflict personally. Realize that disagreements aren't personal. "We wait until we're calm and then we sit down and hash it out," says Cindy Belohlavek.
- Get some sleep and exercise.
- Laugh. Look for the humor in any situation.
- Refocus priorities. "I had to learn there was only so much you can accomplish—and not worry about the rest," said Anne Alexander of Arlington, Texas, who was pregnant and raising 2- and 4-year-olds when her husband was seriously injured 26 years ago. "For a lot of years, I had a really messy house. I didn't have enough time as I dealt with other demands on my time," says Alexander, now 56. "I had to learn to refocus my priorities."

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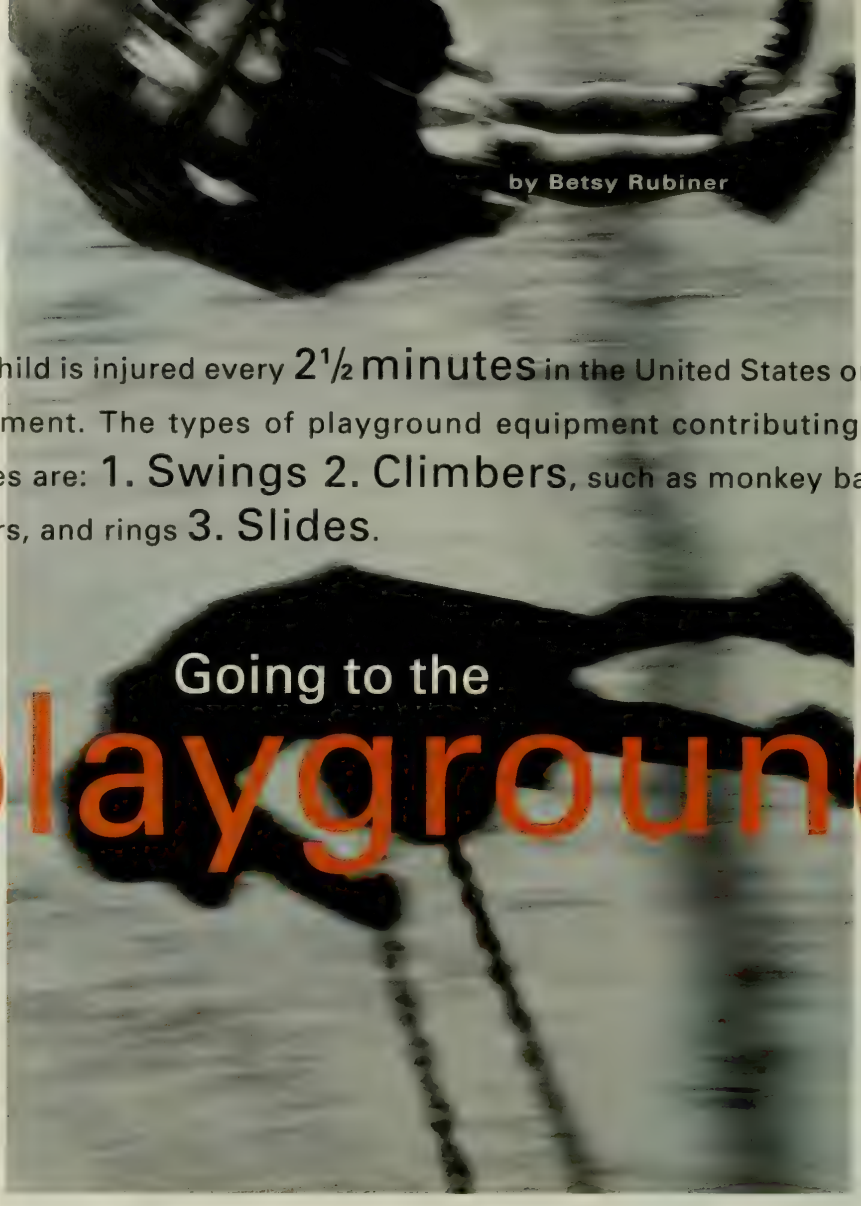
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by Betsy Rubiner

One child is injured every 2½ minutes in the United States on playground equipment. The types of playground equipment contributing to the most injuries are: 1. Swings 2. Climbers, such as monkey bars, overhead ladders, and rings 3. Slides.

Going to the playground?

Have fun. But remember, playgrounds can be dangerous. Each year, about 200,000 children end up in hospital emergency rooms with playground injuries—many involving falls from too-high equipment onto too-hard surfaces. Nearly 70 percent of the injuries happen on public playgrounds, which recent studies show may be badly designed, with inadequate protective surfaces and poorly maintained equipment.

Playing it safe doesn't mean you have to ban your 9-year-old from all swings, slides, and cool climbers. You don't have to make your preschooler wear a padded body suit.

But make sure the equipment is safe for play and that children are playing safely, says Donna Thompson, director of The National Program for Playground Safety, a non-profit group funded by the Centers for Disease Control and Prevention in Atlanta. Last year, the group gave the nation's playgrounds a grade of "C" for safety after visiting 3,052 sites at schools, child care centers, and community parks in 50 states.

Parents who use common sense and recognize common playground hazards can prevent injuries, say safety experts.

continued on page 104

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Going to the Playground?

continued from page 102



Watch, but don't get in the way

During our sedentary, security-conscious age when television, computers, and fear limit children's free play and exercise at home, youngsters need freedom on a playground. Parents should "watch actively" and "intercede—not interfere," says Thompson.

This will vary by a child's age and individual development. Young children, for example, don't understand cause-and-effect—so they may run in front of moving swings. They're also better at climbing up than getting down—so they may panic at the top of a ladder.

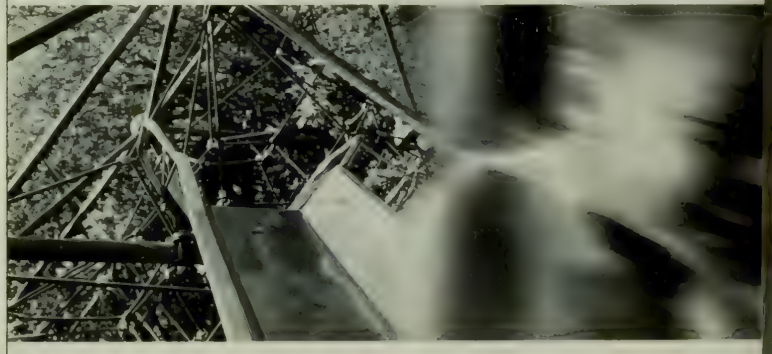
Parents should always be within shouting and running distance of their children, says Betsy Caesar, a playground designer in suburban Philadelphia. "You don't have to be right on top of them as long as you can see them and know what they're doing," she says. "It's as important to the children that they know you're watching them. Once they feel that sense of security, that's when they can be creative."

About 36 percent of playground injuries are severe—with 3 percent requiring hospitalization, according to the National Program for Playground Safety

Encourage safe play

Are children on the right equipment for their age and size? Are they using it the right way? Children should only use equipment they can reach on their own, advises Caesar. This means a 3-year-old should not be lifted onto a horizontal climber designed for a 7-year-old. Instead, show children which equipment is appropriate for their size and strength. Some new equipment now has labels with age and surfacing recommendations.

Children should be challenged—but kept away from risks. "A risk is a situation where we know kids are likely to be injured," says Donna Thompson. "A challenge deals with helping children use their abilities." So children should try to climb higher but not use equipment that's so high a fall could cause greater injury.



For example, if equipment is higher than 6 feet for preschoolers and 8 feet for older kids, it doesn't add extra challenge but does add extra risk of injury from a fall.

For more information, visit the Web site of the National Program for Playground Safety at www.uni.edu/playground. Or write: School of Health, University of Northern Iowa, Cedar Falls, IA 50614-0618.

HAZARDS CHECKLIST

Look for these hazards before giving the green light to play:

- Too-hard surfaces under and around play equipment. The surface should have at least 12 inches of mulch, wood chips, sand, or pea gravel—or be lined with mats made of rubber or rubberlike material.
- Equipment with an inadequately defined and cushioned "fall zone"—the area under and around swings, bars, and other equipment.
- Swing seats made of wood or metal, which cause more severe injuries upon impact than soft seats. There should be one or two swings per bay.
- Spaces that could trap children. Openings between guardrails and bars should measure less than 3.5 inches or more than 9 inches.
- Open S-hooks on swings or protruding bolt ends that can cause strangulation if entangled in a child's clothing, especially drawstrings.

Source: The National Program for Playground Safety



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Rollover



Top-heavy sport/utility vehicles get low scores in new rollover resistance testing done by the federal highway safety agency. In the first group of vehicles rated (see list, *page 108*), only one, the Honda Accord sedan, received the best rating of five stars—indicating a rollover risk of less than 10 percent. Ratings of one to five stars estimate the likelihood of rollover in a single-vehicle crash, usually when the vehicle runs off the road and is "tripped" by a curb, ditch, or soft soil. Ratings were based on mathematical calculations, not crash tests.

continued on page 108

Your best chance of surviving a rollover is by buckling up. Eighty percent of the 10,000 people killed in single vehicle rollovers were unbelted.





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continued from page 106



ROLLOVER RATINGS

Light and compact cars

Ford Focus . . . . . 4 stars
Chevy Cavalier. . . . . 4 stars
Honda Civic . . . . . 4 stars
Pontiac Sunfire . . . . . 4 stars
Volkswagen Jetta . . . . . 4 stars

Medium-sized cars

Honda Accord . . . . . 5 stars
Ford Taurus . . . . . 4 stars
Mercury Sable . . . . . 4 stars
Chevy Impala . . . . . 4 stars

Sport/utility vehicles

Chevy Blazer 4x2. . . . . 1 star
Chevy Blazer 4x4. . . . . 2 stars
Chevy Suburban . . . . . 3 stars
Chevy Tahoe . . . . . 3 stars
Chevy Tracker 4x2. . . . . 3 stars
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GMC Yukon . . . . . 3 stars
GMC Yukon XL . . . . . 3 stars
Honda CR-V 4x2 . . . . . 3 stars
Suzuki Vitara . . . . . 3 stars
Lincoln Navigator 4x2 . . . . . 2 stars
Mercury Mountaineer . . . . . 2 stars
Mitsubishi Montero Sport . . . . 2 stars
Jeep Grand Cherokee. . . . . 2 stars

Unless noted, cars are 4-door models; sport/utilities are four-wheel drive unless noted as two-wheel (4x2).

Good, But Not the Best

In our March issue we reported on the first two cars—Volvo S80 sedan and Honda Civic coupe—to earn top five-star ratings in all four segments of the crash tests conducted by the National Highway Transportation Safety Administration. The three vehicles listed *below* just missed earning four "high fives" but still performed better than most other vehicles.

Make & Model	Frontal Crash		Side-Impact Crash	
	Driver	Passenger	Driver	Rear Passenger
Lincoln LS	★★★★★	★★★★★	★★★★	★★★★★
Toyota Sienna	★★★★★	★★★★★	★★★★	★★★★★
Chevrolet Impala	★★★★★	★★★★★	★★★★	★★★★

LINCOLN LS

The 3,735-pound LS came close to five-star perfection, just missing with a second-best four-star score for driver protection in the side-impact test. The Lincoln earned top ratings for driver and front passenger in the frontal 35 mph crash, and for the rear-seat passenger in the 38 mph side crash.



TOYOTA SIENNA

This reliable minivan also came close to joining the all-fives club, dropping to four stars for driver protection in side-impact collisions. The test van had no side-impact air bags (they're optional on Sienna).



CHEVROLET IMPALA

Like Toyota and Lincoln, the Impala afforded five-star protection for driver and passenger in the front-end crash test. Side-impact score was four stars for driver and rear passenger. The test vehicle had no side air bags. In April, the safety agency will perform side-impact testing on another Impala, one equipped with side air bags and optional head-protection air bags.



The rollover resistance rating (*left* column) is a calculation based on the vehicle's center of gravity and track width. It's not based on an actual crash test.



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Allergy-Smart Gardens

Hay fever and asthma, plus allergies to pollen and other airborne irritants, are extremely widespread. For millions of people who suffer from these conditions, the effects interfere with the pleasure of gardening, dining on the deck, entertaining poolside, or even just playing outside. Although never completely allergy-free, an outdoor living space can become a place of enjoyment again. Anyone can create a low-allergen garden by selecting the plants that cause fewer sniffles. Follow these tips and you'll enjoy flowers again without needing to keep a tissue at the ready.

Make smart plant decisions. Flowering plants that are insect-pollinated (versus wind-pollinated) are best because the pollen is heavy, too large to inhale, and not blown so widely into the air. Avoid plants with a heavy scent. As an alternative you can use sweet-smelling herbs, such as mint, rosemary, and oregano.

Know when it's best to garden. Plan and do structural work in your garden during the winter, and plant the garden in early spring when the pollen count is low. During midsummer, when the pollen count may be high, enjoy or work in your garden in the late morning or late afternoon when pollen

Allergy-Smart Gardens continued on page 112

IMPORTANT MESSAGE!

The National Arbor Day Foundation wants you to help select America's National Tree before the April 1, 2001, deadline.

"It's time for the American people to select a national tree as an enduring symbol of all of our magnificent trees and of our natural heritage," says John Rosenow, president of The National Arbor Day Foundation.

You are invited to cast your vote at the foundation's Web site at *arborday.org*, or mail your name, address, and the tree of your choice on a 3x5 card to: America's National Tree, The National Arbor Day Foundation, Nebraska City, NE 68410.

Did You Know?

Seasonal allergic rhinitis, or "hay fever," affects more than 35 million individuals in the United States. If you're held hostage in the spring and fall by pollen allergies, make a break for better air—create a sneezeless yard.

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continued from page 110

is high up in the sky out of harm's way; or on cloudy or cooler days.

Select a suitable site away from the rest of the garden, or create your whole garden as a low-allergen space using walls, fences, and trellises as alternatives to hedges and shrubs (some evergreen plants and shrubs are high in pollen, therefore not suitable).

Tips to help you steer clear of seasonal sniffles:

- Eliminate lawns and hedges, which can trap pollen and mold spores. At the very least, keep your lawn cut short.
- Use a compost system with a lid, or cover the compost heap with a mold-inhibiting barrier, such as a plastic sheet.
- Don't use organic mulches or mushroom compost because they contain fungi and spores.
- Always wear a hat in the garden to catch airborne allergens, and remove the hat before you go inside. In fact, it's a good idea to change and wash the clothes you were wearing after working in the garden. Also wash your hair to get rid of any pollen.
- If your pollen allergies are severe, you may consider wearing a mask over your nose and mouth.
- Avoid gardening at dusk or in the early morning hours when pollen counts are highest.

For more about allergies, see "Hello, Hay Fever" on page 256.



LOW-ALLERGEN PLANTS



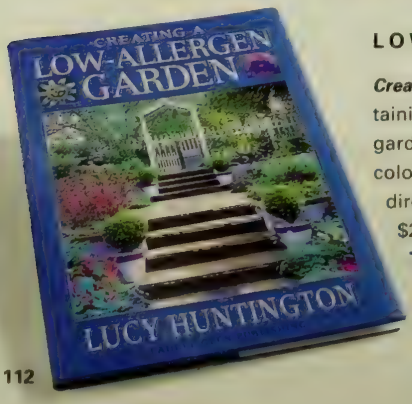
Choose plants that are insect-pollinated, rather than wind-pollinated. Most shrubs are insect-pollinated, with the exception of those that are heavily scented, such as honeysuckle, jasmine, and philadelphus.

Most flowers are also insect-pollinated, but individuals who are pollen sensitive should avoid asters, carnations, chrysanthemums, dahlias, daisies, dandelions, goldenrod, pinks, and Sweet William.

Heavily scented plants that can also cause a problem include daffodils, freesias, hyacinths, roses, and sweet peas.

Most trees are wind-pollinated and should be kept well away from the house. Particular ones to avoid are ash, beech, birch, elder, hazel, horse chestnut, lime, oak, pine, plane, poplar, sycamore, willow, and yew.

Herbs are insect-pollinated, so pick them before they flower to avoid any possible allergens.



LOW-ALLERGEN GARDENING

Creating a Low-Allergen Garden is an essential guide to planning, planting, and maintaining low-allergen plants—allowing you to enjoy relaxed, comfortable, hands-on gardening at any time of year. This inspirational and practical guide features full-color border plans for low-allergy plantings, as well as an extensive A to Z plant directory. The 128-page hardcover book is from Laurel Glen Publishing and costs $26.95, which includes shipping, handling, and applicable sales tax.

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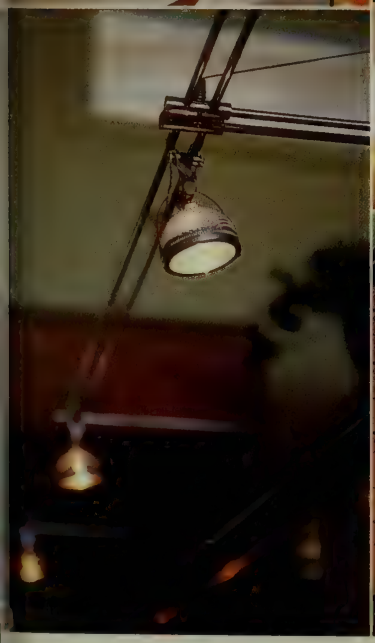
better by design

The best kitchens, savvy designers know, start with the people who live there. That's because good kitchen design should fit a family's needs and tastes like a well-tailored suit fits its owner. For six inspiring examples, check out the pages that follow.

by James A. Hufnagel and John Riha









better by design

continued from page Z1





An extra-large island occupies center stage in the soaring new kitchen (*opposite*). A deep eating bar has plenty of legroom, encouraging family members to linger over coffee.

Stairs in the background (*left*) climb to a catwalk library, the master suite, and a home office. Low-voltage wire lights contribute to the airiness of the atrium.

An Atrium Kitchen with Library

Carol and Brian Lysaght's family has lots of cooks and books, so they asked architects Leo Marmol and Ron Radziner to incorporate plenty of room for both in a remodeling of their Santa Monica, California, home. The result is an atriumlike kitchen with a library balcony that stands two stories tall under a gigantic skylight. The interior "courtyard" capitalizes on sunlight without compromising privacy—a key feature considering the home's narrow site with neighbors only a few feet away.

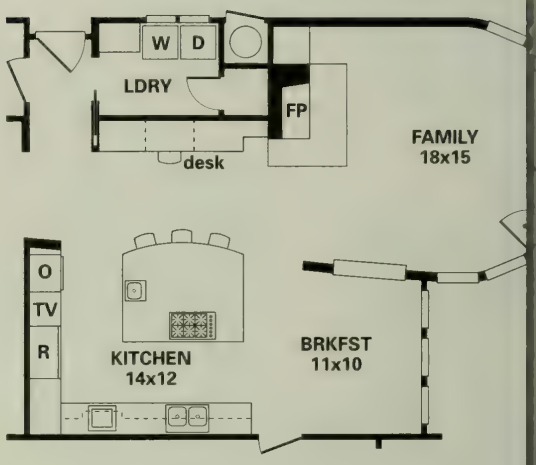
continued on page Z4

continued from page Z3

To overcome the room's vastness, the architects warmed it up with expanses of maple and birch. "We wanted to create a very warm environment, especially as the natural light reflected off it," Marmol says.

The designers specified three colors of birch plywood panels to complement the lightly stained cabinets. "We wanted there to be enough color brought in to play off the various pottery pieces in the kitchen," Radziner says. "It's pretty intuitive; you play with it until you create a composition that seems pleasing."

continued on page Z6



Along the sink wall, glass-front cabinets and open shelving display colorful cookware, bringing color and texture to the kitchen. A stainless steel hood vents an indoor grill.





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continued from page Z4





Surrounded by butcher block, the island includes a vegetable sink and gas cooktop (*above*). Receptacles just below the countertop power small appliances.

The kitchen's storage wall wraps around into the family room (*left*), where it connects to a media center.

A long storage wall, intersected with a horizontal band of deep red and a vertical swath of pale orange, reaches from the kitchen into the family room's curving expanse of windows and French doors. A corner fireplace at the end of the storage wall is shared by the kitchen and family room. The gas unit is energy efficient, environmentally friendly, and convenient to use.

continued on page Z8

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A NEW LINE OF THINKING.

continued from page Z6



It doesn't take long to find the recipe for a favorite meal at the Lysaghts' "downstairs" library (*left*). All the kitchen cabinetry was constructed wit exposed edge-grain plywood.

Next to the refrigerator, a cabinet with rol out drawers (*below*) puts spices and condiments just grab and a shak away from mea prep areas.

Although there is a catwalk library up above, Carol and Brian wanted to keep their favorite cookbooks and culinary magazines close at hand. "We're working with spaces that are so personal and so functionally laden that each person wants items like their cookbooks in a little different place," Marmol says.

One side of the kitchen island does this with open shelves for cookbooks, plus shallow drawers for recipe cards and deep ones for magazines.

continued on page Z10



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continued from page Z8



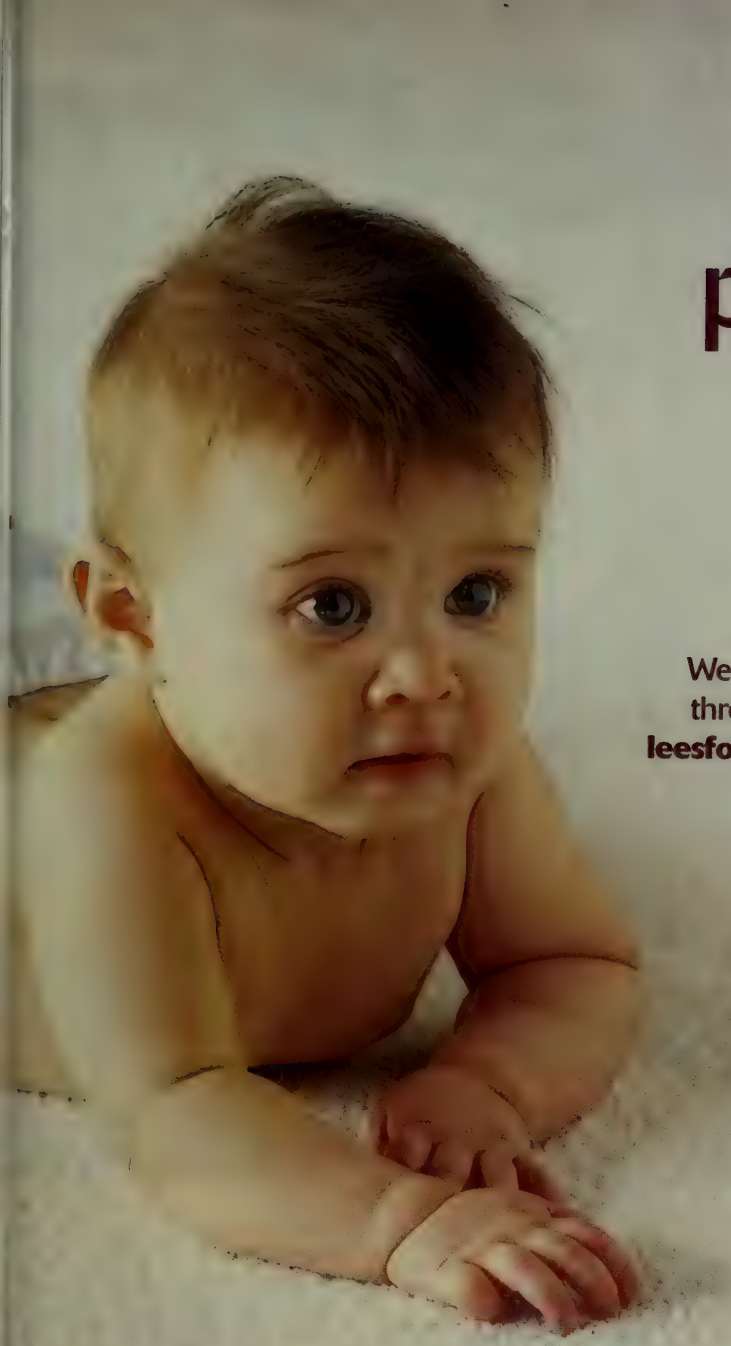
Three lift-up, slide-in doors tuck between the refrigerator and ovens, providing spots for a TV set (*left*), microwave oven, and blender. The doors also bring color to the kitchen.

A compact desk (*below*) also hides away whe not in use. It provides a convenient and discreet place to keep the phone, attend to household busi- ness, or toss ma and keys.

To minimize clutter and conserve counter space, the architects like to tuck appliances, a TV set, and even a compact kitchen office behind doors. The closed-door look works well because of the cabinets' colorful panel design. "We want to give people an opportunity to put things away but not have to haul them out every time they want to use one," Marmol says. "Toasters, for example, aren't always the neatest things, so we'd rather not have one sitting out on the counter all the time."

continued on page Z12
Buying information, page Z48





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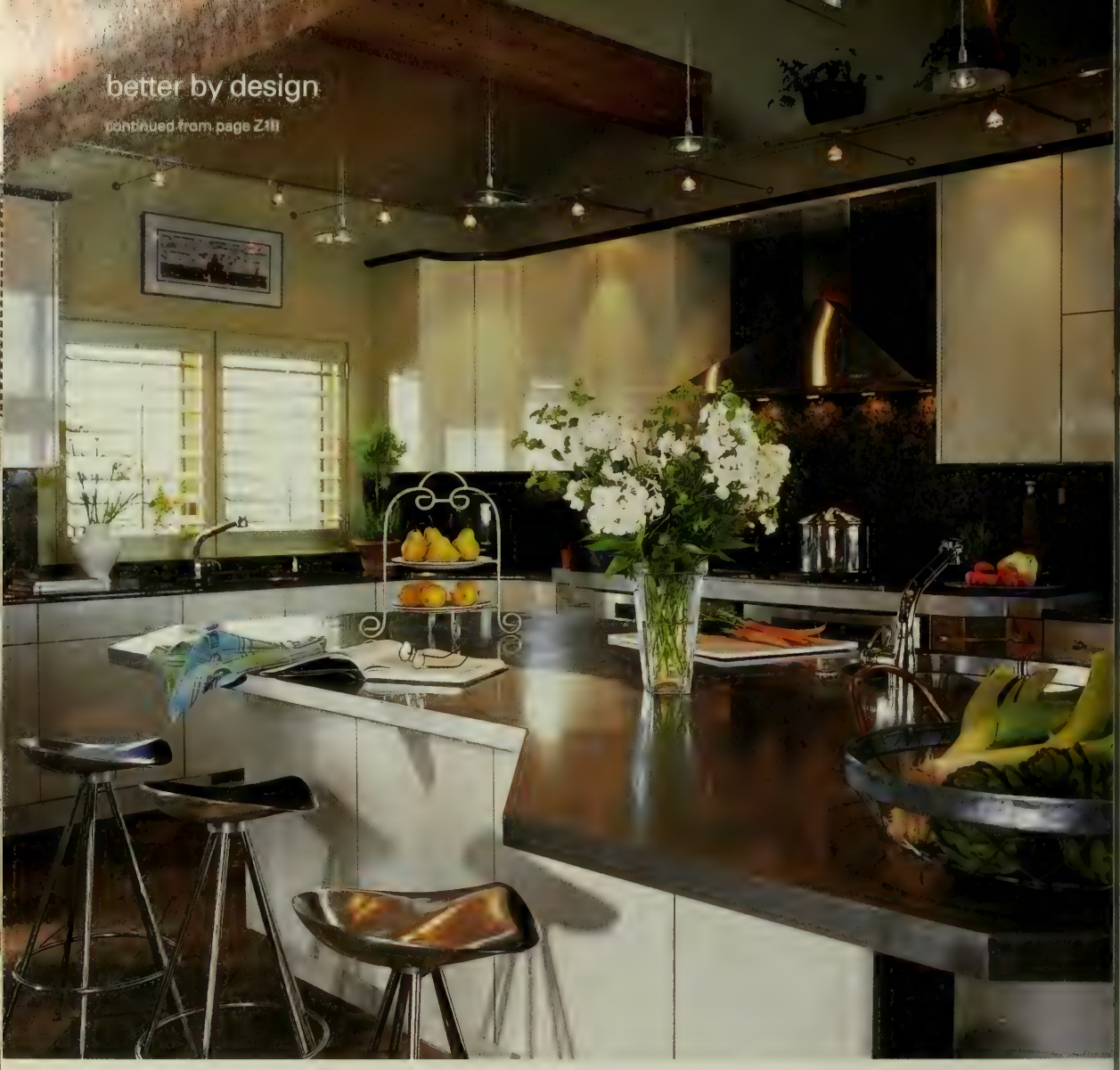
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continued from page Z11



Sleek with Steel Accents

When Debra and Bob Korbelik began to plan the kitchen for their new home near Salina, Kansas, they knew they wanted a facility that was much more expansive than the cramped, galley-style kitchen in their previous home. Working with kitchen designer Randall Sisk, they developed an 11×17×20-foot-high layout that includes a king-size work/serving island.

Illuminated by clerestory windows and 12-volt drop lights, the island has bright seating and serving space along one side. An undermount sink for washing dishes is on the other.

continued on page Z14

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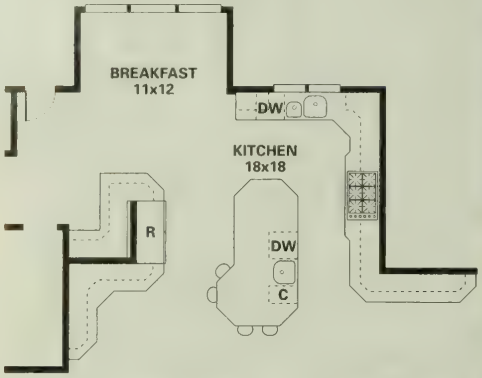
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continued from page Z12





Square stone flooring set on a diagonal (*below*) complements the sleek cabinetry and countertops for an organic look. This view looks toward a double window over the sink.

A breakfast bay at the other end of the kitchen absorbs filtered light from three shuttered windows (*right*). Homeowner Bob Korbelik designed the custom lighting.



The sleek stainless-steel-clad island measures about 6×10 feet at its widest point, and serves as a magnet for family and friends in the home's adjoining great-room.

"We wanted something where people could easily come together," Bob says. "We worked hard on this plan to move the kitchen near the great-room and its views to the west. At the same time we wanted the breakfast table placed close to an east window so we can sit there and drink coffee at sunrise."

continued on page Z1


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A massive, multi-compartment refrigerator is situated within arm's reach of the island and just a few steps from the cook center and cheery informal eating area.

Because they cook epicurean meals almost every evening—and because their home is in the country and far from grocery stores—Debra and Bob insisted on having lots of storage for food, especially fresh vegetables. Those needs led them to invest in a refrigerator that could serve a five-star restaurant. Like the grand island's countertop, it is surfaced in stainless steel. Narrow counters on either side provide landing strips for grocery bags.

continued on page Z18


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The cook center stands a bit taller and projects a bit farther than standard counter dimensions. Distinctive stainless-fronted zigzag drawers blend the two depths together.



Lighting plays an important role in this kitchen. Bob designed the low-voltage track system (*above*); designer Randall Disk incorporated more lighting under the wall cabinets.

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The cabinets, which are faced with a pale wood laminate, play off stainless steel and dark granite to provide the kitchen with intriguing contrasts in color and texture.

The cook center also features restaurant-worthy equipment—a six-burner cooktop with a pair of king-size ovens below. Up above is a pyramid-shaped range hood made of stainless steel to match the appliances and some of the cabinets. The countertops on the island and at the cook center are made of stainless steel, as well, although most of the kitchen's countertops and backsplashes are covered with polished granite.

continued on page Z20
Buying information, page Z48

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Good Housekeeping

continued from page Z18



Traditional Goes Contemporary

Susan and Steven Landau wanted the best of all worlds when it came to designing a kitchen for their new home in Bel Air, California. They admired contemporary style, but favored the dignity and restraint of traditional motifs. To walk this design tightrope, they called upon architect William Hefner. "The Landaus weren't interested in dark, heavy traditional," Hefner says, "yet they wanted a sense of tradition to remain in a modern setting."

Contemporary lines in the windows and soffits blend well with a traditional configuration of space. An island creates the work space needed for two active cooks. Nearby, a wall of glass-front cabinets substitutes for a butler's pantry.

continued on page Z22


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continued from page Z20



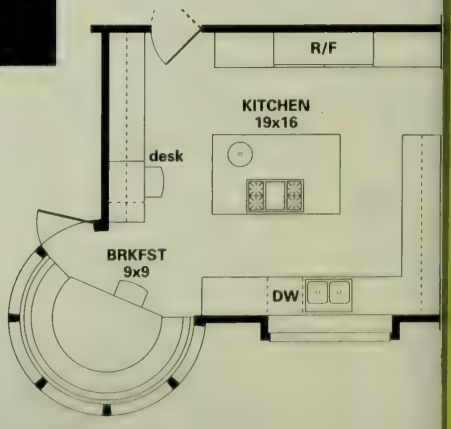


The designer says the half-circle dining nook (*left*) juts into the sunny backyard "like the prow of a ship." A lowered ceiling creates a sense of intimacy.

Homeowner Steven Landau championed the idea of a semicircular banquette (*above*). The granite tabletop is so heavy that the stainless-steel pedestal goes all the way to the foundation to provide adequate support.

To link the kitchen and family room, Hefner installed a peninsula counter as a partial wall between the spaces. A generous island provides additional work and storage space. An outside corner of the 19×16-foot room gives way to a sunny, semicircular dining nook, featuring a sleek upholstered banquette and a granite-topped table with a stainless-steel pedestal.

continued on page Z24





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continued from page Z22

The carefully composed balance is evident in the cabinets. Although they feature a frameless design, polished chrome pulls, and contemporary lines, their recessed panels and crisp white finish are time-honored classics. Mottled granite countertops boast equally stylish yet timeless appeal.

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Hidden high up in a wall of cabinets, a TV (*above*) is easily viewed from the kitchen work area or the banquette. The beauty of the heavily figured granite countertops is enhanced by a background of clean white cabinets.

Hefner added what he calls a "china wall" (*left*) to house the refrigerator, pantry shelves, and cupboards for the Landaus' serving china.



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continued from page Z24

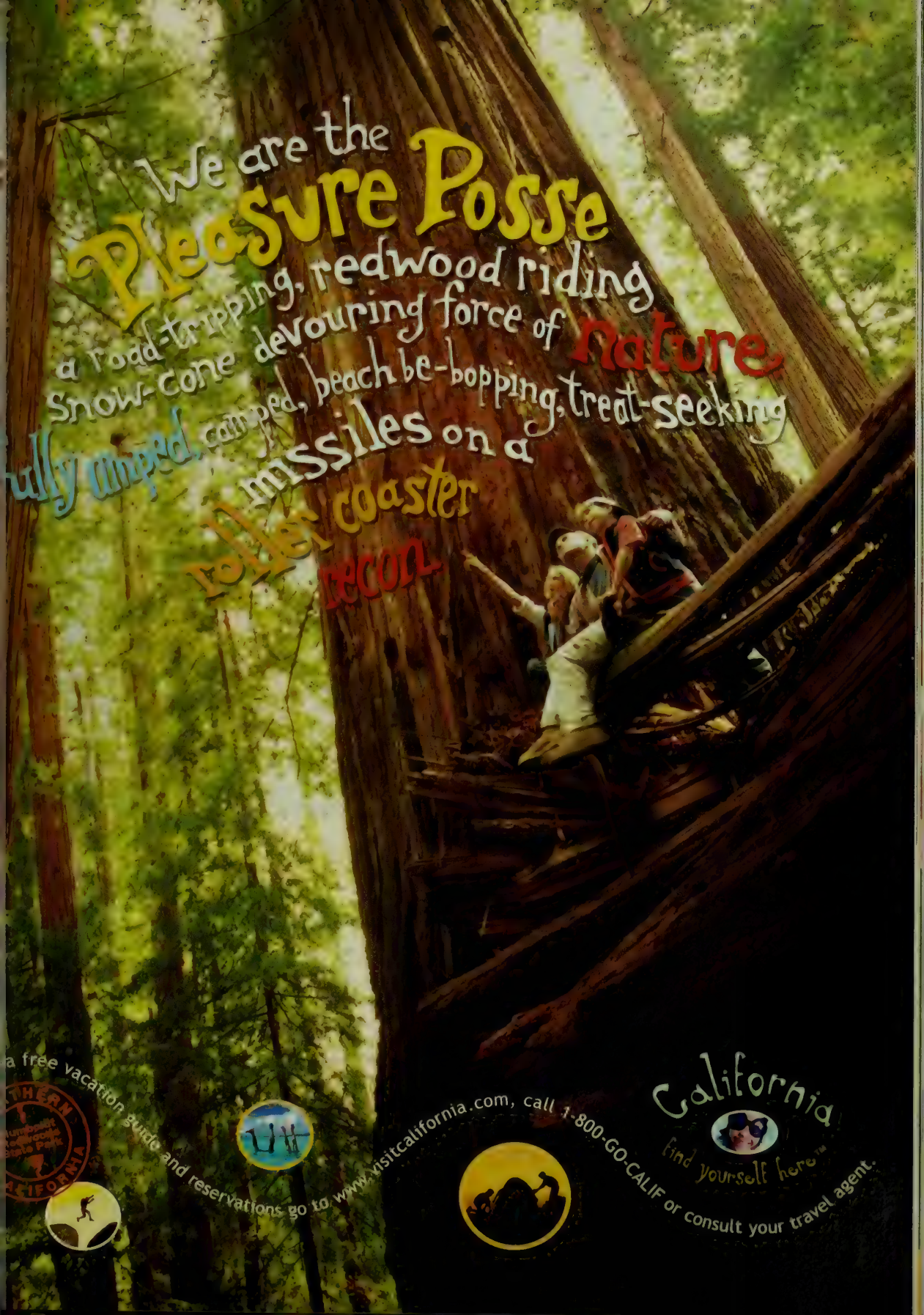


Black and White in a New Light

Black and white cabinets and backsplashes, highlighted by a king-size skylight, play a timeless motif in Junko and Joe Peres' new Santa Monica, California, kitchen. The color scheme masks the tall, thin doors of the upper cabinets. To change the cabinet proportions, architect Robert Taylor fronted the lower parts with a checkerboard pattern, divided by molding from solid facing above.

One of the kitchen's problems was an awkwardly located structural pillar. On that side of the room, the cabinets angle toward the column to incorporate it into the scheme.

continued on page Z28


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continued from page Z26

A low partial wall ties a structural pillar into the rest of the kitchen (*below*). The pillar helps support a shaft for the big skylight above.

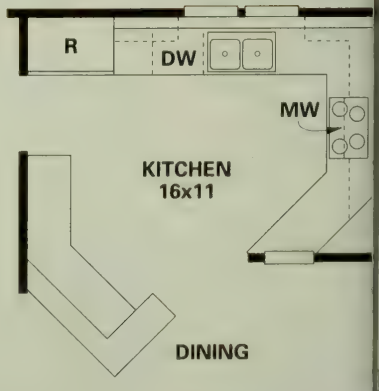


Black laminate squares inset into the lower segments of the cabinet doors (*left*) give the illusion of glass panes without requiring the owners to tidy the contents.





Storage in the two-level bar between the kitchen and dining room (*above*) include cabinets, drawers, and open shelving for silverware and other serving pieces.



The backsplashes echo the checkerboard look, except Taylor canted the 1-inch-square tiles there at a 45-degree angle for visual interest. He also gave the backsplash along the sink wall another duty with a black-tiled ledge. "I like it because you can put things on it and not intrude on your prep surface," Taylor says.

A wall that had divided the kitchen from the dining room is now partially open and fitted with cabinets to provide extra storage and serve as a snack counter.

continued on page Z30
Buying information, page Z48



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continued from page Z28



An angled eating bar separates the kitchen's work core from an informal eating area and planning center. An open-beam ceiling makes the entire space feel more expansive.

Out of the Darkness

Three words could describe the original kitchen in Ruth and Al Paige's 1960s-era Bellevue, Washington, home: dark, dark, and dark. It had dark cabinets, dark appliances, and dark overhanging eaves. "Even in July with full sun, we needed to turn on about six lights," Ruth says.

Architect Betsy Manger changed all that by adding skylights and incorporating a sunny scheme of cork floors and light-toned wood cabinets. Now the only dark tones come from the slate countertops.

continued on page Z32





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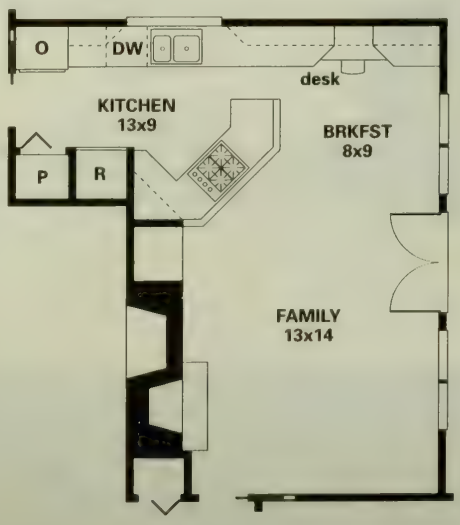
better by design

continued from page Z30

Big windows and French doors open the Paiges' new kitchen to an enlarged deck that's topped with suspended trusses and skylights identical to the ones used inside. Another big window, this one over the sink, lets the family look to the towering trees outside.

continued on page Z34

Sunshine pours into the kitchen and adjacent deck via skylights (*above*). Cross beams, spliced in the center with metal brackets, hang from guy wires.



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continued from page Z32

The kitchen also features several built-in amenities. Among them is a TV that is visible from just about everywhere. It slides into the wall when not in use. Another is a planning desk Ruth uses for kitchen matters, such as planning menus, writing shopping lists, and paying bills. "Sometimes Al works at the kitchen table on office-related business while I use the desk," Ruth says.

continued on page Z36

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Drawers at the planning center (*below*) keep household paperwork within easy reach but out of sight. Ribbed glass doors on the cabinet above the desk are easy to clean, Ruth says.



Drop lights illuminate the cooktop without obscuring the kitchen's entertainment center (*above*). Because the cooktop has a downdraft vent, there's no hood to block the line of sight.

Open display shelving flanks the sink (*below*). The window here slides open to catch passing breezes. The sink boasts an instant hot water dispenser.





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continued from page Z34



A Wish for White

Cindy Eiteljorg knew how to get everything she wanted for her Indianapolis kitchen. She just told her husband, Jim, a general contractor. Jim made sure the house he was building for his family had everything Cindy hoped for.

"I'm a cleanliness nut," Cindy says. "I wanted a shiny white kitchen because shiny looks cleaner. I wanted it to be almost institutional looking with a big range because I've always wanted to own a restaurant and, with three kids, I cook a lot."

continued on page Z38

Cindy Eiteljorg got the squeaky-clean kitchen of her dreams with a bold white-on-white scheme. Colorful touches, such as the brightly patterned window valance, are even more cheery against the white background.



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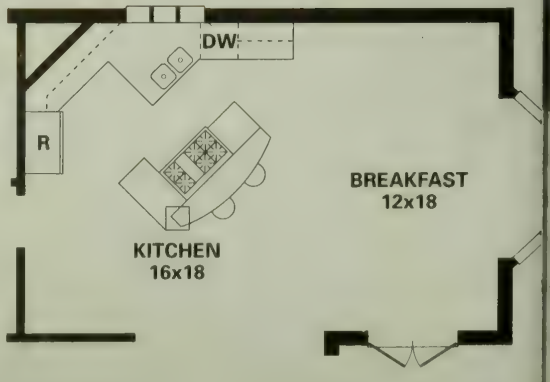


Cindy and Jim designed the breakfast bar (*above*). The ¾-inch-thick, tempered-glass countertop is secured at each end to tall, box-like pedestals. Cindy painted the glassware and the stools.

The island cooktop (*left*) allows the chef to chat with guests or keep an eye on activities in the nearby dining room.

To help create an efficient space, Cindy and Jim hired kitchen designer Jennifer Norrington, who correctly interpreted the couple's desire for a fun and unusual space at the heart of their home. "Both Cindy and Jim are highly creative people," Norrington says. "It wasn't a stretch for them to branch out from the norm and add what we called 'a bit of Hollywood.' "

continued on page Z40



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continued from page Z38





Cabinets finished with high-gloss enamel and mirrored backsplashes (*above*) add the dazzle of reflective surfaces. Door pulls set at an angle are bits of fun sprinkled throughout the scheme.

A triangular jog in the lower run of cabinets (*above left*) provides additional space for prep work on both sides of the sink. Recessed ceiling fixtures put task lighting right where it's needed.

To give the space rhythm and energy, the main sink cabinet was pushed at an angle toward the center of the kitchen, creating a mini peninsula. The shape was mirrored by an L-shape island with a cooktop, resulting in unconventional but easily negotiated work spaces. Glossy enameled cabinets and solid-surface countertops of pure white fulfill Cindy's dreams. Stainless-steel appliances and reflective surfaces add touches of tinsel.

continued on page Z42
Buying information, page Z48

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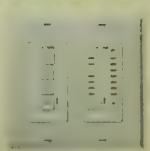
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continued from page Z40



Storage-Savvy and Sunny

Orange and brown dominated Robin and Edward Cain's kitchen when the couple moved into their Scottsdale, Arizona, home. After living with the dark colors for almost 10 years, the Cains decided to remodel—and to make "lightening up" their top remodeling goal. Replacing the dark cabinets also provided an opportunity to boost the kitchen's storage and countertop space, both of which would help make meal preparation more efficient and enjoyable.

The sink's peninsula location allows the Cains to keep an eye on the backyard play area just beyond the glass doors.

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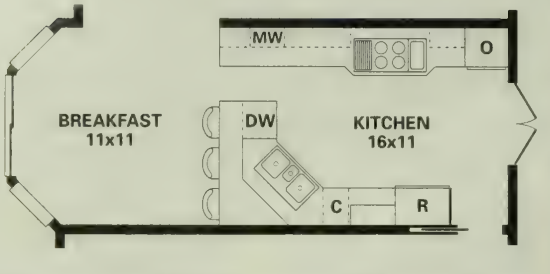
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better by design

continued from page Z42



Designer Mary Fisher came up with a neutral scheme that—unlike the brown and orange of old—would better weather the trends of time. Custom-built medium-density fiberboard cabinets are treated to a decorative "butterscotch" paint treatment and outfitted with polished steel hardware. The cabinets coordinate with ceramic tile floors and backsplashes.

continued on page Z46



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The countertops on either side of the cooking area (*left*) are shallower than usual, which makes it easier to reach into the upper cabinets where dry ingredients are stored.

Base cabinets near the cooktop are fitted with drawers, which allow better access to pots and pans. The pull-out spice cabinet (*above center*) operates on the same premise.

An undercounter cutting board (*above right*) doubles as a landing pad for hot pans and cookie sheets as they're pulled out from the adjacent oven.







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FOR THE WAY IT'S MADE

continued from page Z45



The sink peninsula opens to the dining room, allowing the Cains to visit with family and friends during food prep and cleanup.







Keeping napkins, place mats, and small hand tools in drawers on the eating side of the peninsula (*above*) saves storage space in the kitchen work core for cooking utensils.

Cabinetry swerves along a peninsula wall to house a sink, a raised dishwasher, and a snack bar. Robin wanted the dishwasher installed 9 inches higher than normal to make loading dishes more convenient. Ergonomics weighed heavily in other parts of the cabinet scheme too. Easy-glide drawers store pots and pans, eliminating searches deep within a cabinet. And butcher-block cutting boards are built in near the cooktop and baking centers, right where the Cains need them.

A 36-inch cutting board—the second of two in the kitchen—supplements counter space (*top*). Stashed away in an appliance garage with mirrored doors (*above*) are a toaster and stand mixer.

Buying information, page Z48

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INFORMATION FOR THE PATIENT

READ THIS INFORMATION COMPLETELY BEFORE USING SARAFEM (SAIR-a-fem). This leaflet provides a summary about SARAFEM and does not contain complete information about your medicine. This information is not meant to take the place of discussions between you and your doctor. Talk with your doctor, pharmacist or other healthcare professional if there is something you do not understand or if you want to learn more about SARAFEM. Always follow your doctor's instructions on how to take SARAFEM.

What is SARAFEM?

SARAFEM is a prescription medicine used by women who have menstrual periods or cycles to treat the symptoms of premenstrual dysphoric disorder (PMDD).

What is PMDD?

PMDD is a medical condition that affects only women who have menstrual periods or cycles. Symptoms of PMDD are limited to the week or two before a woman's menstrual period and commonly include mood symptoms such as irritability, mood swings, and tension as well as physical symptoms of bloating and breast tenderness. When the symptoms of PMDD appear they cause interference in day to day activities and relationships.

What is the active ingredient in SARAFEM?

SARAFEM contains fluoxetine hydrochloride, the same active ingredient found in Prozac.

How does SARAFEM work?

While it is unknown what causes PMDD, many doctors believe it may be related to an imbalance in a natural chemical in the body called serotonin. The actions of SARAFEM on serotonin may explain its effects in improving the symptoms of this condition.

Who should not take SARAFEM?

You should not take SARAFEM if you:

- are allergic to fluoxetine hydrochloride, the active ingredient in SARAFEM.
- are taking a type of antidepressant medicine known as a monoamine oxidase inhibitor (MAOI), such as Nardil (phenelzine) or Parnate (tranylcypromine). Using an MAOI together with many prescription medicines including SARAFEM can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you can take SARAFEM. Also, you need to wait at least 5 weeks after you stop taking SARAFEM before you take an MAOI.
- are taking a type of antipsychotic medicine known as Mellaril (thioridazine). You need to wait at least 5 weeks after you stop taking SARAFEM before you take Mellaril.

How should I take SARAFEM?

- Take SARAFEM exactly as directed by your doctor.
- SARAFEM comes as a 10 mg lavender capsule and a 20 mg pink and lavender capsule. The usual dose is 20 mg a day, but your doctor will prescribe the dose that is right for you.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of SARAFEM that has been prescribed for you.
- SARAFEM can be taken with or without food.
- To help you remember to take SARAFEM, it may be best to take it at about the same time each day, such as every morning.
- Remember to get your refills before you run out of SARAFEM.
- Talk with your doctor about how long you should keep taking SARAFEM.
- Talk with your doctor before you stop taking SARAFEM.

What should I talk to my doctor about when taking SARAFEM?

- If you get a rash or hives while taking SARAFEM, call your doctor right away because this can be a sign of a serious medical condition.
- Be sure to tell your doctor if you are taking Prozac, since this contains fluoxetine, the same active ingredient found in SARAFEM.
- Be sure to tell your doctor if you are taking or plan to take any prescription or nonprescription medicines, vitamins, natural supplements, herbal remedies or alcohol. As with most other prescription medications, SARAFEM may interact with some of these products.
- You should tell your doctor if you are pregnant, plan to become pregnant or are breast feeding while taking SARAFEM.
- Tell your doctor if you have diabetes. The dose of diabetes medicine you need may change when you start or stop taking SARAFEM.
- Tell your doctor about any other medical conditions you may have, especially liver disease, or a history of seizures or mania.

What are possible side effects of SARAFEM?

All prescription medicines may cause side effects in some patients.

- In medical studies of women taking SARAFEM for PMDD, the most common side effects likely caused by SARAFEM were tiredness, upset stomach, nervousness, dizziness, and difficulty concentrating. Other side effects were reported less frequently in those same studies. Side effects were generally mild, often disappeared after a few weeks, and most did not cause women to stop taking SARAFEM.
- SARAFEM can cause changes in sexual desire or satisfaction.
- Do not drive a car or operate dangerous machinery until you know what effect SARAFEM may have on you.
- Contact your doctor or healthcare professional if you get a rash or hives, or if you get other side effects that concern you while taking SARAFEM.

What else can I do?

In addition to taking SARAFEM:

- eat a well-balanced diet (including fruits, vegetables and fiber) and get regular exercise.
- drink plenty of water daily and lower the amount of caffeine and salt in your diet, especially before your menstrual period.

Talk to your doctor before you begin any diet or exercise program.

How do I store SARAFEM?

- Store SARAFEM at room temperature.
- Keep all medicines, including SARAFEM, out of the reach of children.

General Information

This is a summary of information about SARAFEM. Medicines are sometimes prescribed for purposes other than those listed in a patient information summary. This medicine was prescribed for your use only. Do not let anyone else use your SARAFEM.

If you have any questions or concerns, want to report any problems with the use of SARAFEM or want more information about SARAFEM, contact your doctor, pharmacist or other healthcare professional.

This patient information summary has been approved by the US Food and Drug Administration.

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Variegated Iris
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editor's choice

A Winning Streak

by Craig Summers Black

Bearded irises seem somehow on the outs these days. But an iris with variegated foliage proves its landscape worth by dressing up your garden—not just for three weeks of bloom—but all year long.

Of the handful of variegated irises, we like *Iris pallida* Albo-Variegata best by far. Its cool, creamy streaks complement the soft blue flowers, which are sweetly fragrant. Kids especially love inhaling this. (Anyone remember grape Fizzies?) The variegation in this and other striped-leaf irises is at its best when the fans are arrayed so that the sun shines *through* them. This luminescence borders on the inspirational.

While this iris is most at home in full sun, it will still perform solidly in a lightly shaded area, where its white piping can help brighten the shadows.

- **Light:** Full sun.
- **Hardiness:** To 25° below zero.
- **Growth habit:** 2½ feet tall.
- **Bloom time:** Early summer.
- **To order:** See *page 126*.

continued on page 118



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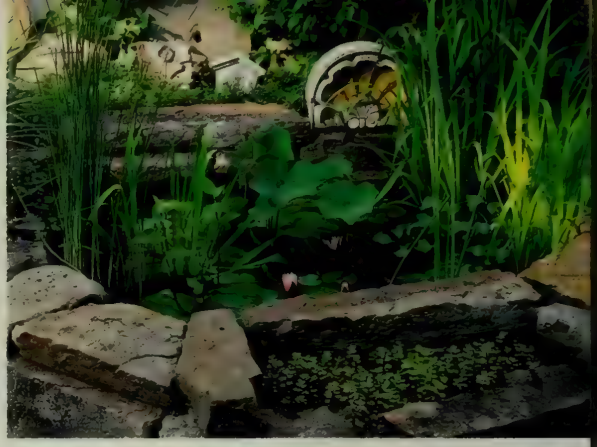
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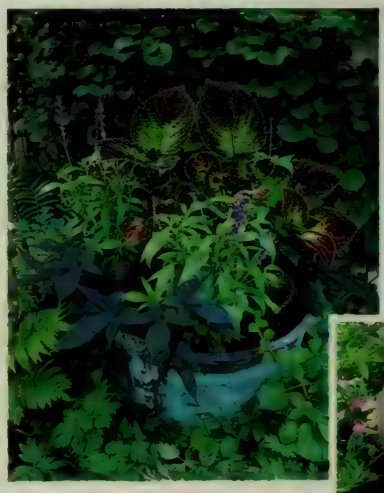


Do it all by yourself

When a photographer and an artist garden together, their landscape, and the ornamentation integrated there, speaks of a seasoned eye. Lensman Talis Bergmanis (*left*) and his wife, Anne Devaney, transformed their basic yard-and-yews home in midtown Kansas City, Missouri, into a DIY oasis. "It was a big entertainment," Talis says. "People would come by and want to know what was happening next."

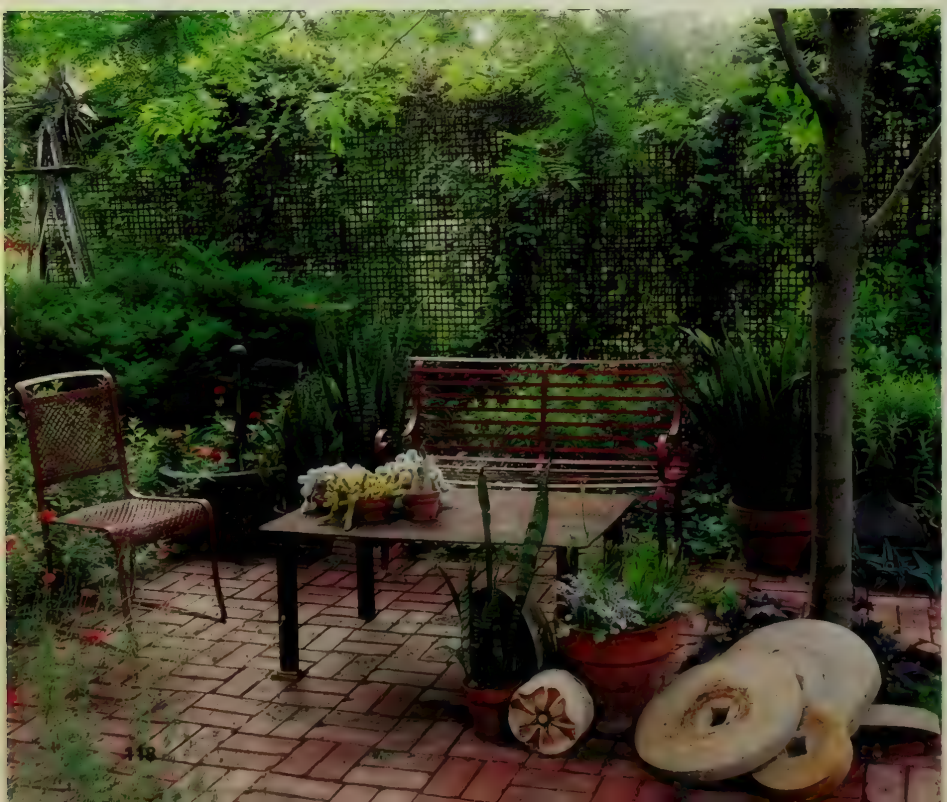
continued on page 124





Homeowner Talis Bergmanis dug this 4-foot-deep pond (*above*), arranging the limestone edging in a semicircle up to the end of the brick patio. He often places sturdy castoffs and architectural salvage in his leafy landscape.





Talis laid the backyard brick patio himself, starting with a pallet of salvaged brick, but expanding the footprint as his ambitions developed. By the time he was finished, he had gone through seven loads o brick. Talis collects millstones—some are arranged by the base of a tree (*left*). "Someone said they look like old Chinese money," he says.

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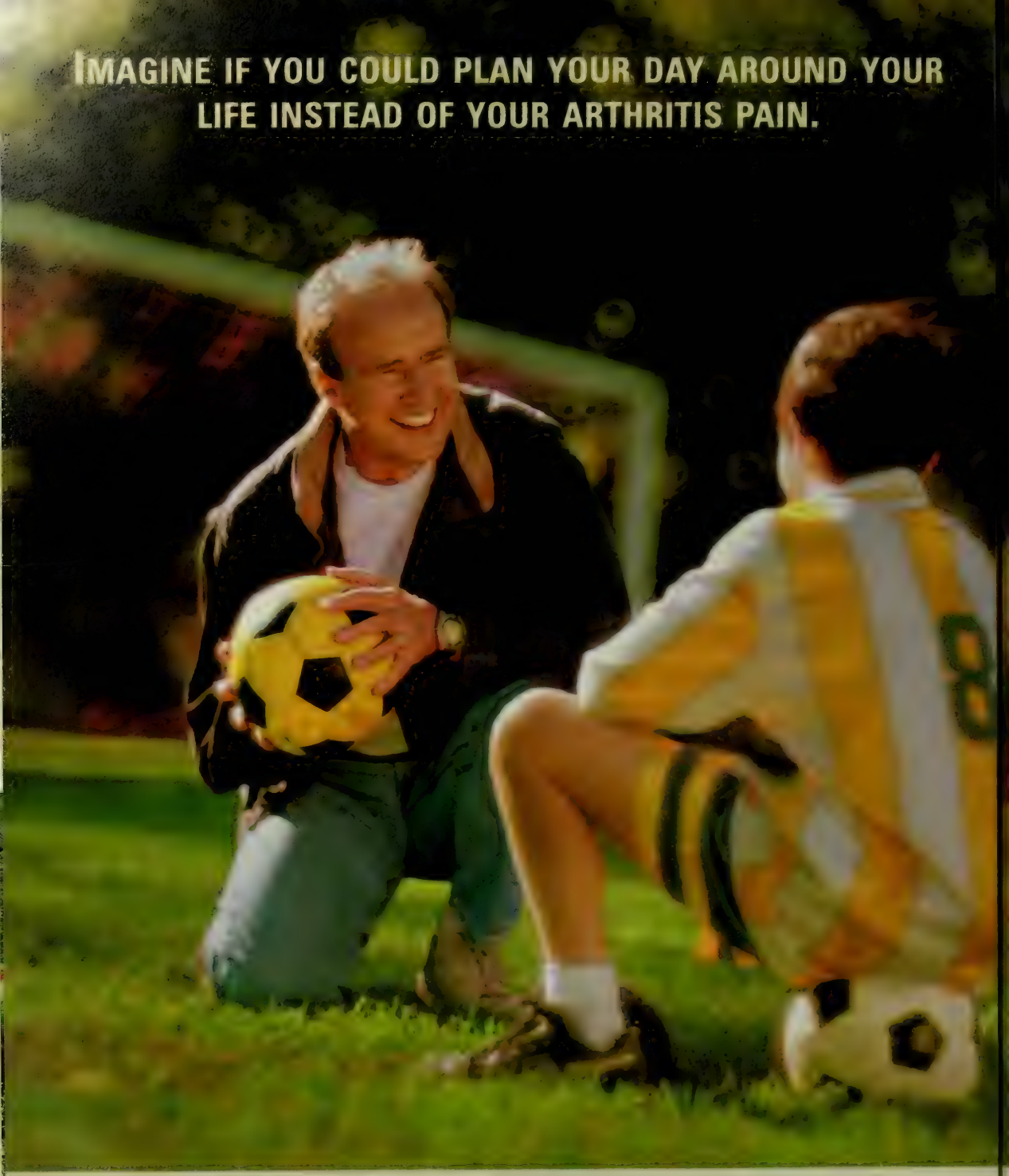
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A golden-yellow Aurea barberry provides a foil for Negrita tulips (*above*).

St. John's wort (*Hypericum* Summergold) pops up amid burgundy euphorbia, lady's-mantle, and a small gold-flecked hemlock (*right*).



A purple Chameleon euphorbia pokes through species sedum and chartreuse creeping Jenny (*below*).



perfect pairs

Those two colors again

Pastels? Ptui! Or at least that's what many fashion-forward gardeners seem to be saying lately. Bright colors and bright combinations are holding sway, especially as the tropical look influences landscapes from Long Beach to London. The purple-and-chartreuse combo has become as big a mainstay these days as yellow-and-blue was a decade ago. And it certainly is effective, as witnessed in Cheryl and Dennis Kamera's shady garden in Langley, Washington. Cheryl, an artist, calls their landscape "a study in complementary colors."

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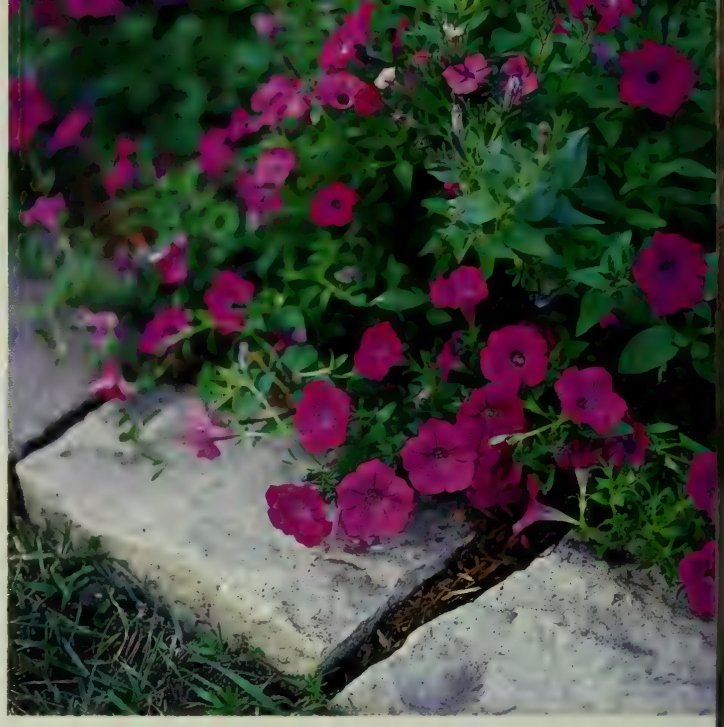
continued from page 124

test garden tip

Feeling edgy

Yard work shouldn't be hard work. To eliminate some of the maintenance in flower beds and borders, lay down a stone or brick mowing path. Not only does this give added definition and a "finished" look, it keeps grass from invading the beds. And you can push your mower so the wheels on one side ride right on top of this runway, cutting all the grass right up to the edging and not whacking at any of your border-front spillers.





Recycled native limestone (*above*) defines a border in *BH&G*® garden writer Craig Black's front yard in Earlham, Iowa. A spade (*left*) cuts the soil straight and clean, easing the placement of the stone. Mulch is added to the beds to inhibit weeds.

update

The weed roundup

▪ Kudzu, the noxious vine that took over the South, has now become established as far afield as Oregon. Despite its recent discovery there, one colony appears to be 10 years old. ▪ The common mayapple is being studied as a new source for an anticancer extract, the USDA reports. ▪ If you use herbicides, remember that many weed killers are ineffective if the temperature is below 60° or above 90°. As always, check the label.

Buying information, page 225

READER SHOPPING

This month's Editor's Choice, ***Iris pallida* Albo-Variegata**, is a rare plant that creates a dramatic, luminous effect in the garden from spring to fall with foliage that is banded in creamy white. Fragrant lavender-blue flowers in spring are a pleasant bonus. Our collection contains seven rhizomes, which will be shipped to you at the proper time for planting in your zone (about March 13 to May 31, 2001). Orders placed after May 18 will be processed and held for fall shipment (about September 15 to November 15, 2001). Planting instructions will be included in each shipment. One collection costs $49.95; additional collections to the same address are $45 each. Prices include shipping, handling, and applicable sales tax. **Please order early; quantities are limited and we reserve stock on a first-come, first-served basis.** *Sorry, we are unable to ship to Alaska, Hawaii, Canada, Mexico, and Puerto Rico.*

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from bare to beautiful

The difference between nearly naked and lushly landscaped is a matter of a few plants and one growing season. To illustrate the point, we photographed three yards in and around Des Moines, Iowa, as their owners transformed corners of empty lawn into gorgeous gardens.

by Doug Hall

continued on page 130




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Both sides, now

Side yards are often wasted space, not worth a passing glance on your jaunt from front yard to back. Ginger and Mark Bassett's side yard, however, is memorable, ever since they turned the empty lawn into a walk-through garden (illustration, *page 132*). Mark dug the planting beds, leaving a curving grass path 5 feet wide. Ginger stocked the beds with roses, perennials, and evergreens. "It looks different in all seasons," Ginger says. "Spring is just fabulous. Summer and fall have their own personalities too."

continued on page 132



A row of roses was a start toward landscaping the side yard (*above*), but Ginger and Mark Bassett felt that a grander gesture was called for. Their new garden fills the space between house and property line.



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From Bare to Beautiful

continued from page 130



"We saw this as an opportunity to have a garden we worked in together," Ginger says. The flower-flanked pathway and arbor were designed as a stylish entrance to the backyard, where the Bassetts already had separate gardens: perennials for Ginger and a pond for Mark. Architectural pieces and other objects among the flowers reflect Ginger's interest in antiques. Her collection includes a lightning rod, a weather vane, and a rusted iron butterfly that flies in a flurry of daisies (*above*). By fall, clematis will crown the bent-twig arbor with blossoms (*below*).

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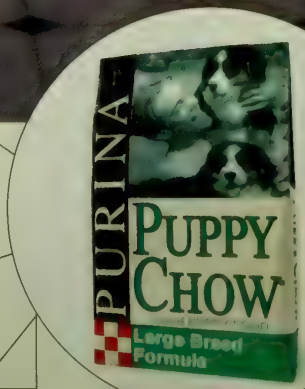


a. Zagreb coreopsis
b. Holmstrup arborvitae
c. Fairy Tale Pink daylily
d. sweet autumn clematis
e. Red Wings moss phlox
f. Ruffled Velvet Siberian iris
g. Red Carpet rose
h. Johnson's Blue geranium
i. Iceberg rose
j. Watermelon Ice rose
k. Green Velvet boxwood
l. creeping baby's-breath
m. Therese Bugnet rose
n. Alaska shasta daisy
o. basket-of-gold (*Aurinia*)
p. Autumn Joy sedum
q. Kobold liatris
r. Blue Wonder catmint
s. yarrow (variety unkno
t. China Doll rose
u. Prinz Heinrich anemor
v. Wood's Pink aster
w. golden mock orange
x. Raspberry Pixie daylily
y. Skyrocket juniper
z. Alba Meidiland rose
aa. Big Ears lamb's-ears
bb. Hella Lacy aster
cc. Country Dancer rose
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 continued from page 132



a. columnar hornbeam (*Carpinus betulus* Fastigiata)
b. Emerald Tiara hosta
c. Mrs. Moon pulmonaria
d. Great Expectations hosta
e. creeping jenny (*Lysimachia nummularia* Aurea)
f. Palace Purple coralbells (*Heuchera*)
g. daylily (variety unknown)
h. Ink Blot foamflower (*Tiarella*)
i. Honeybells hosta
j. Alaska shasta daisy



Vertical strokes

Dorothy and Dwain Swanson were faced with a situation common to new construction: Their home's builder blew the landscaping budget on the front yard, leaving the back literally a blank slate. "We had this tall house with nothing to soften it in back," Dorothy says. Low shrubs along the foundation wouldn't suffice; something soaring was needed to match the scale of the two-story wall. The Swansons also wanted shade for the west-facing windows, but not a big shade tree that would fill the backyard. They settled on three columnar hornbeams, which, as they grow, will provide a leafy screen for the windows. At the base of the trees is a small garden that blends colorful foliage and a few blossoms.

continued on page 136




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From Bare to Beautiful

continued from page 134

It's important to understand the light-and-shadow patterns of your yard before you choose plants. In the Swansons' case, the three hornbeams extend up into the sunlight, but the plants at ground level get little direct sun. So Dorothy and Dwain planted shade-tolerant perennials: silver-spotted pulmonarias (foreground, *above*), hostas, coralbells, and a chartreuse form of creeping jenny. "I love the light green ground cover, but I have to keep it trimmed back," Dorothy says. "It grows fast." Placing the trees in a mulched planting bed streamlines the task of mowing. A permanent edging strip outlines the bed's shape and keeps grass from encroaching.

continued on page 140

Golden creeping jenny flows over the ground next to the inky leaves of a Palace Purple heuchera (*below*).



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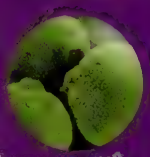
. His sister is having a sleepover with fifteen friends.

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BRIEF SUMMARY (For full Prescribing Information, see package insert.)
INDICATIONS AND USAGE NASONEX Nasal Spray, 50 mcg is indicated for the treatment of the nasal symptoms of seasonal allergic and perennial allergic rhinitis, in adults and pediatric patients 3 years of age and older. NASONEX Nasal Spray, 50 mcg is indicated for the prophylaxis of the nasal symptoms of seasonal allergic rhinitis in adult and adolescent patients 12 years and older. In patients with a known seasonal allergen that precipitates nasal symptoms of seasonal allergic rhinitis, initiation of prophylaxis with NASONEX Nasal Spray, 50 mcg is recommended 2 to 4 weeks prior to the anticipated start of the pollen season. Safety and effectiveness of NASONEX Nasal Spray, 50 mcg in pediatric patients less than 3 years of age have not been established.
CONTRAINDICATIONS Hypersensitivity to any of the ingredients of this preparation contraindicates its use.
WARNINGS The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency and, in addition, some patients may experience symptoms of withdrawal; ie, joint and/or muscular pain, lassitude, and depression. Careful attention must be given when patients previously treated for prolonged periods with systemic corticosteroids are transferred to topical corticosteroids, with careful monitoring for acute adrenal insufficiency in response to stress. This is particularly important in those patients who have associated asthma or other clinical conditions where too rapid a decrease in systemic corticosteroid dosing may cause a severe exacerbation of their symptoms.
If recommended doses of intranasal corticosteroids are exceeded or if individuals are particularly sensitive or predisposed by virtue of recent systemic steroid therapy, symptoms of hypercorticism may occur, including very rare cases of menstrual irregularities, acneiform lesions, and cushingoid features. If such changes occur, topical corticosteroids should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.
Persons who are on drugs which suppress the immune system are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in nonimmune children or adults on corticosteroids. In such children or adults who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.
PRECAUTIONS General: Intranasal corticosteroids may cause a reduction in growth velocity when administered to pediatric patients (see **PRECAUTIONS, Pediatric Use** section). In clinical studies with NASONEX Nasal Spray, 50 mcg, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, use of NASONEX Nasal Spray, 50 mcg should be discontinued and appropriate local or systemic therapy instituted, if needed.
Nasal corticosteroids should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract, or in untreated fungal, bacterial, systemic viral infections, or ocular herpes simplex.
Rarely, immediate hypersensitivity reactions may occur after the intranasal administration of mometasone furoate monohydrate. Extreme rare instances of wheezing have been reported.
Rare instances of nasal septum perforation and increased intraocular pressure have also been reported following the intranasal application of aerosolized corticosteroids. As with any long-term topical treatment of the nasal cavity, patients using NASONEX Nasal Spray, 50 mcg over several months or longer should be examined periodically for possible changes in the nasal mucosa.
Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent nasal septum ulcers, nasal surgery, or nasal trauma should not use a nasal corticosteroid until healing has occurred.
Glaucoma and cataract formation was evaluated in one controlled study of 12 weeks' duration and one uncontrolled study of 12 months' duration in patients treated with NASONEX Nasal Spray, 50 mcg at 200 mcg/day, using intraocular pressure measurements and slit lamp examination. No significant change from baseline was noted in the mean intraocular pressure measurements for the 141 NASONEX-treated patients in the 12-week study, as compared with 141 placebo-treated patients. No individual NASONEX-treated patient was noted to have developed a significant elevation in intraocular pressure or cataracts in this 12-week study. Likewise, no significant change from baseline was noted in the mean intraocular pressure measurements for the 139 NASONEX-treated patients in the 12-month study and again, no cataracts were detected in these patients. Nonetheless, nasal and inhaled corticosteroids have been associated with the development of glaucoma and/or cataracts. Therefore, close follow-up is warranted in patients with a change in vision and with a history of glaucoma and/or cataracts.
When nasal corticosteroids are used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, NASONEX Nasal Spray, 50 mcg should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.
Information for Patients: Patients being treated with NASONEX Nasal Spray, 50 mcg should be given the following information and instructions. This information is intended to aid in the safe and effective use of this medication. It is not a disclosure of all intended or possible adverse effects. Patients should use NASONEX Nasal Spray, 50 mcg at regular intervals (once daily) since its effectiveness depends on regular use. Improvement in nasal symptoms of allergic rhinitis has been shown to occur within 11 hours after the first dose based on one single-dose, parallel-group study of patients in an outdoor "park" setting (park study) and one environmental exposure unit (EEU) study and within 2 days after the first dose in two randomized, double-blind, placebo-controlled, parallel-group seasonal allergic rhinitis studies. Maximum benefit is usually achieved within 1 to 2 weeks after initiation of dosing. Patients should take the medication as directed and should not increase the prescribed dosage by using it more than once a day in an attempt to increase its effectiveness. Patients should contact their physician if symptoms do not improve, or if the condition worsens. To assure proper use of this nasal spray, and to attain maximum benefit, patients should read and follow the accompanying Patient's Instructions for Use carefully.
Patients should be cautioned not to spray NASONEX Nasal Spray, 50 mcg into the eyes or directly onto the nasal septum.
Persons who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles, and patients should also be advised that if they are exposed, medical advice should be sought without delay.
Carcinogenesis, Mutagenesis, Impairment of Fertility: In a 2-year carcinogenicity study of Sprague Dawley rats, mometasone furoate demonstrated no statistically significant increase of tumors at inhalation doses up to 67 mcg/kg (approximately 3 and 2 times the maximum recommended daily intranasal dose in adults and children, respectively, on a mcg/m^2 basis). In a 19-month carcinogenicity study of Swiss CD-1 mice, mometasone furoate demonstrated no statistically significant increase in the incidence of tumors at inhalation doses up to 160 mcg/kg (approximately 4 and 3 times the maximum recommended daily intranasal dose in adults and children, respectively, on a mcg/m^2 basis).
At cytotoxic doses, mometasone furoate produced an increase in chromosome aberrations *in vitro* in Chinese hamster ovary-cell cultures in the nonactivation phase, but not in the presence of rat liver S9 fraction. Mometasone furoate was not mutagenic in the mouse-lymphoma assay and the *Salmonella/E. coli* mammalian microsome mutation assay, a Chinese hamster lung cell (CHL) chromosomal-aberrations assay, an *in vivo* mouse bone-marrow erythrocyte-micronucleus assay, a rat bone-marrow clastogenicity assay, and the mouse male germ-cell clastogenicity assay. Mometasone furoate also did not induce unscheduled DNA synthesis *in vivo* in rat hepatocytes.
In reproductive studies in rats, impairment of fertility was not produced by subcutaneous doses up to 15 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). However, mometasone furoate caused prolonged gestation, prolonged and difficult labor, reduced offspring survival, and reduced maternal body weight gain at a dose of 15 mcg/kg.
Pregnancy: ***Teratogenic Effects: Pregnancy Category C:*** Mometasone furoate caused cleft palate in mice at subcutaneous doses of 60 mcg/kg and above (approximately 2 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). Offspring survival was reduced in the 180-mcg/kg group (approximately 4 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). No such effects were observed at 20 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).
In rabbits, mometasone furoate caused flexed front paws at a topical dermal dose of 150 mcg/kg (approximately 14 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).
In rats, mometasone furoate produced umbilical hernia, cleft palate, and delayed ossification at a topical dermal dose of 600 mcg/kg (approximately 30 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). At 1200 mcg/kg (approximately 60 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), microphthalmia, umbilical hernias, and delayed ossification were observed in rat pups.
In these developmental studies, there were also reductions in maternal body weight gain and effects on fetal growth (lower fetal body weights and/or delayed ossification) in mice (60 and 180 mcg/kg), rabbits (150 mcg/kg), and rats (600 mcg/kg).
In an oral developmental study in rabbits, at 700 mcg/kg, (approximately 70 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), increased incidences of resorptions and malformations, including cleft palate and/or head malformations (hydrocephaly or domed head) were observed. Pregnancy failure was observed in most rabbits at 2800 mcg/kg (approximately 270 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).
There are no adequate and well-controlled studies in pregnant women. NASONEX Nasal Spray, 50 mcg, like other corticosteroids, should be used during pregnancy only if the potential benefits justify the potential risk to the fetus. Experience with oral corticosteroids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in corticosteroid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy.
Nonteratogenic Effects: Hypoadrenalism may occur in infants born to women receiving corticosteroids during pregnancy. Such infants should be carefully monitored.
Nursing Mothers: It is not known if mometasone furoate is excreted in human milk. Because other corticosteroids are excreted in human milk, caution should be used when NASONEX Nasal Spray, 50 mcg is administered to nursing women.
Pediatric Use: Controlled clinical studies have shown intranasal corticosteroids may cause a reduction in growth velocity in pediatric patients. This effect has been observed in the absence of laboratory evidence of hypothalamic-pituitary-adrenal (HPA) axis suppression, suggesting that growth velocity is a more sensitive indicator of systemic corticosteroid exposure in pediatric patients than some commonly used tests of HPA axis function. The long-term effects of this reduction in growth velocity associated with intranasal corticosteroids, including the impact on final adult height, are unknown. The potential for "catch up" growth following discontinuation of treatment with intranasal corticosteroids has not been adequately studied. The growth of pediatric patients receving intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg should be monitored routinely (eg, via stadiometry). The potential growth effects of prolonged treatment should be weighed against clinical benefits obtained and the availability of safe and effective noncorticosteroid treatment alternatives. To minimize the systemic effects of intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg, each patient should be titrated to his/her lowest effective dose.
Seven hundred and twenty (720) patients 3 to 11 years of age were treated with mometasone furoate nasal spray, 50 mcg (100 mcg total dose) in controlled clinical trials. Safety and effectiveness in children than 3 years of age have not been established.
A clinical study has been conducted for one year in pediatric pat (ages 3 to 9 years) to assess the effect of NASONEX Nasal Spray, 50 (100 mcg total daily dose) on growth velocity. No statistically signif effect on growth velocity was observed for NASONEX Nasal Spray, 50 compared to placebo. No evidence of clinically relevant HPA axis supp sion was observed following a 30-minute Cosyntropin infusion.
The potential of NASONEX Nasal Spray to cause growth suppressio susceptible patients or when given at higher doses cannot be ruled ou
Geriatric Use: A total of 203 patients above 64 years of age (age rang to 85 years) have been treated with NASONEX Nasal Spray, 50 mcg fo to 3 months. The adverse reactions reported in this population were si in type and incidence to those reported by younger patients.
ADVERSE REACTIONS In controlled US and International clinical studi total of 3210 adult and adolescent patients aged 12 years and older rece treatment with NASONEX Nasal Spray, 50 mcg at doses of 50 to mcg/day. The majority of patients (n = 2103) were treated with mcg/day. In controlled US and International studies, a total of 990 ped patients (ages 3 to 11 years) received treatment with NASONEX, 50 mc doses of 25 to 200 mcg/day. The majority of pediatric patients (720) treated with 100 mcg/day. A total of 513 adult, adolescent, and ped patients have been treated for 1 year or longer. The overall incidenc adverse events for patients treated with NASONEX Nasal Spray, 50 mcg comparable to patients treated with the vehicle placebo. Also, adu events did not differ significantly based on age, sex, or race. Three pe or less of patients in clinical trials discontinued treatment becaus adverse events; this rate was similar for the vehicle and active compara
All adverse events (regardless of relationship to treatment) reporte 5% or more of adult and adolescent patients aged 12 years and older received NASONEX Nasal Spray, 50 mcg, 200 mcg/day and by ped patients ages 3 to 11 years who received NASONEX Nasal Spray, 50 100 mcg/day in clinical trials vs placebo and that were more common NASONEX Nasal Spray, 50 mcg than placebo, are displayed in the below.

ADVERSE EVENTS FROM CONTROLLED CLINICAL TRIALS IN SEASONAL ALLERGIC AND PERENNIAL ALLERGIC RHINITIS (PERCENT OF PATIENTS REPORTING)

	Adult and Adolescent Patients 12 years and older		Pediatric Patients Ages 3 to 11 years	
	NASONEX 200 mcg (N = 2103)	VEHICLE PLACEBO (N = 1671)	NASONEX 100 mcg (N = 374)	VEHICL PLACE (N = 37
Headache	26	22	17	18
Viral Infection	14	11	8	9
Pharyngitis	12	10	10	10
Epistaxis/Blood-Tinged Mucus	11	6	8	9
Coughing	7	6	13	15
Upper Respiratory Tract Infection	6	2	5	4
Dysmenorrhea	5	3	1	0
Musculoskeletal Pain	5	3	1	1
Sinusitis	5	3	4	4
Vomiting	1	1	5	4

Other adverse events which occurred in less than 5% but greater tha equal to 2% of mometasone furoate adult and adolescent patients (12 years and older) treated with 200-mcg doses (regardless of relation to treatment), and more frequently than in the placebo group inclu arthralgia, asthma, bronchitis, chest pain, conjunctivitis, diarrhea, dys sia, earache, flu-like symptoms, myalgia, nausea, and rhinitis.
Other adverse events which occurred in less than 5% but greater or e to 2% of mometasone furoate pediatric patients aged 3 to 11 years tre with 100-mcg doses vs placebo (regardless of relationship to treatm and more frequently than in the placebo group included: diarrhea, nasa tation, otitis media, and wheezing.
Rare cases of nasal ulcers and nasal and oral candidiasis were reported in patients treated with NASONEX Nasal Spray, 50 mcg, prim in patients treated for longer than 4 weeks.
In postmarketing surveillance of this product, cases of nasal burning irritation and rare cases of nasal septal perforation have been reported
OVERDOSAGE There are no data available on the effects of acute or chr overdosage with NASONEX Nasal Spray, 50 mcg. Because of low syst bioavailability, and an absence of acute drug-related systemic findin clinical studies, overdose is unlikely to require any therapy other than ob vation. Intranasal administration of 1600 mcg (8 times the recomme dose of NASONEX Nasal Spray, 50 mcg) daily for 29 days, to healthy hu volunteers, was well tolerated with no increased incidence of adv events. Single intranasal doses up to 4000 mcg have been studied in hu volunteers with no adverse effects reported. Single oral doses up to 8 mcg have been studied in human volunteers with no adverse ef reported. Chronic overdosage with any corticosteroid may result in sign symptoms of hypercorticism (see **PRECAUTIONS**). Acute overdosage this dosage form is unlikely since one bottle of NASONEX Nasal Spra mcg contains approximately 8500 mcg of mometasone furoate.

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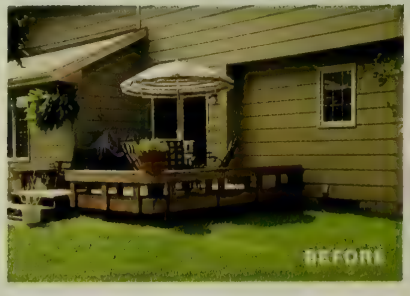
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From Bare to Beautiful

continued from page 136



"I'm surprised how easy it is to take care of," Pam Garbett says of her new garden. Tim's hard work early on in the project, when he enriched the soil and installed the stone edging, will pay off in the long run by simplifying maintenance.



Easy does it As parents of two preschool children, Pam and Tim Garbett don't have a lot of spare time to devote to gardening. That and their lack of previous landscaping experience made their large backyard seem a daunting challenge. "It was just green grass everywhere," Pam says. "I knew I wanted flowers, but I didn't know where to start."

A garden designer worked with the Garbetts, devising a simple plan for a blank corner of lawn next to the deck. At the same time, the designer sketched out ideas for the rest of the yard, which Pam and Tim plan to tackle in small increments.

The central tree in the new garden bed, an ornamental plum, will eventually provide shade and privacy for the deck. Yews add year-round greenery. Perennials are planted in multiples to maximize the impact of their seasonal color. The six purple astilbes make quite a splash, especially against the lemon-lime backdrop of seven Gold Standard hostas.

continued on page 142


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From Bare to Beautiful

continued from page 140

Perennials, although valued for their longevity and reliability, can take two years or more to reach their stride. In the meantime, Pam and Tim added New Guinea impatiens, an annual, to fill the gaps between plants (*right*). The impatiens flower all summer, long after the June-blooming astilbes have come and gone. "I never paid much attention to this little corner of the yard before," Pam says. "Now I find myself drawn to it. There's always something going on." ⌂

Buying information, page 280



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a. Princess Kay plum (*Prunus nigra* Princess Kay)
b. Gold Standard hosta
c. Chinese astilbe (*Astilbe chinensis* Pumila)
d. germander (*Teucrium canadense*)
e. fernleaf bleeding-heart (*Dicentra eximia* Snowdrift)
f. spreading yew (*Taxus* x *media* Dark Green Spreader)





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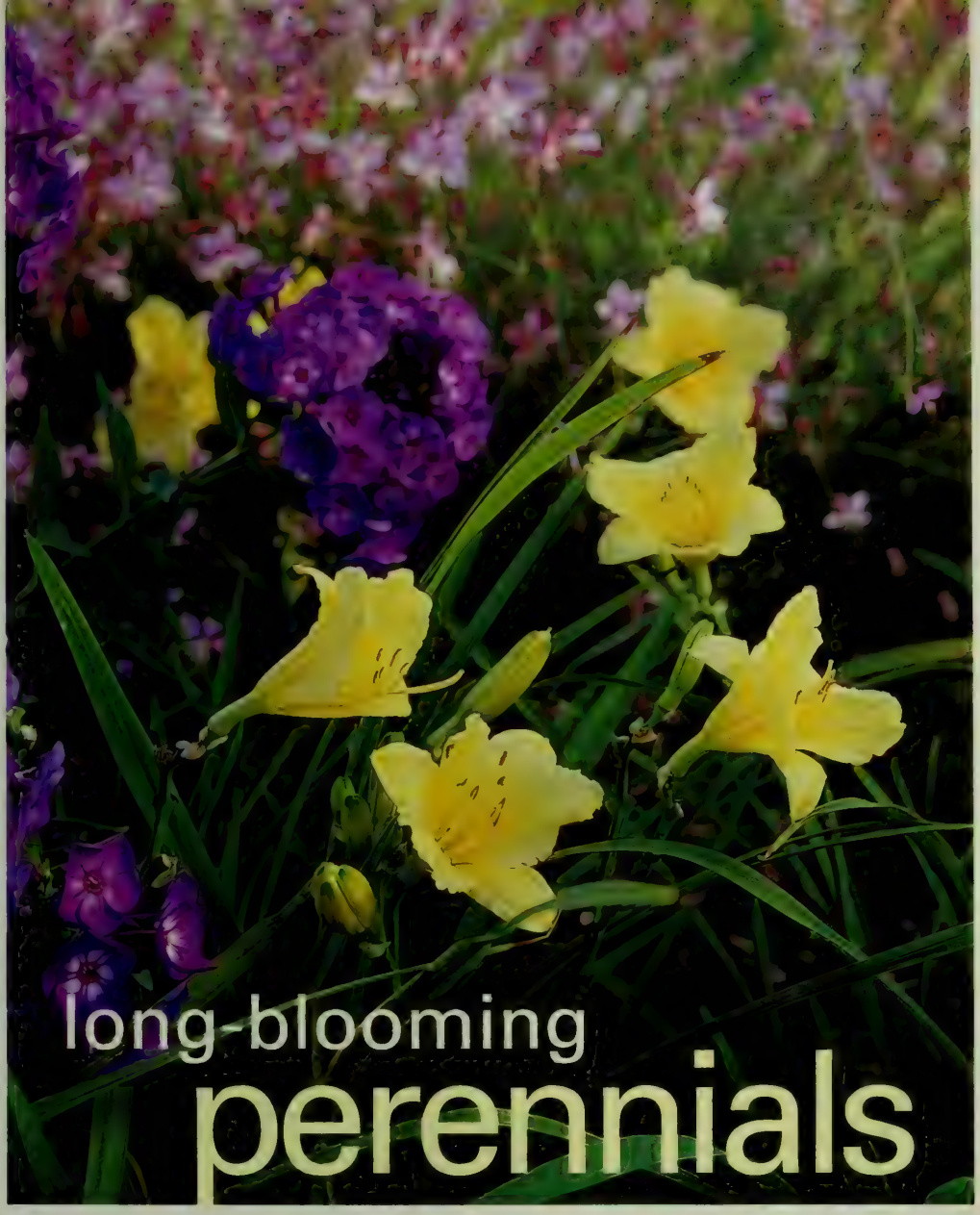
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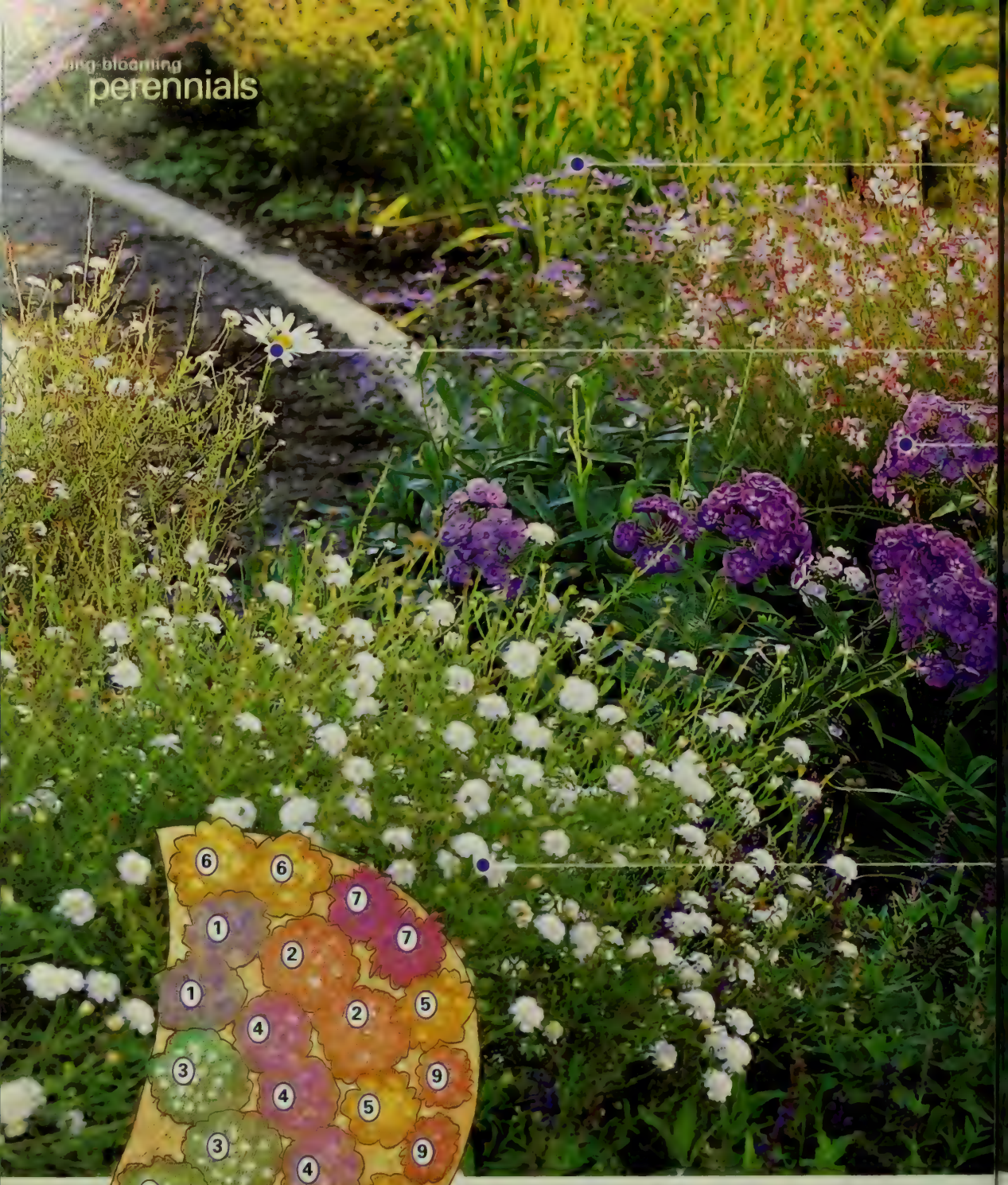
Not all perennials are created equal. Here are nine of the best—dependable plants that flower tirelessly. You can count on them to color your garden for months.



long-blooming perennials

by Doug Hall

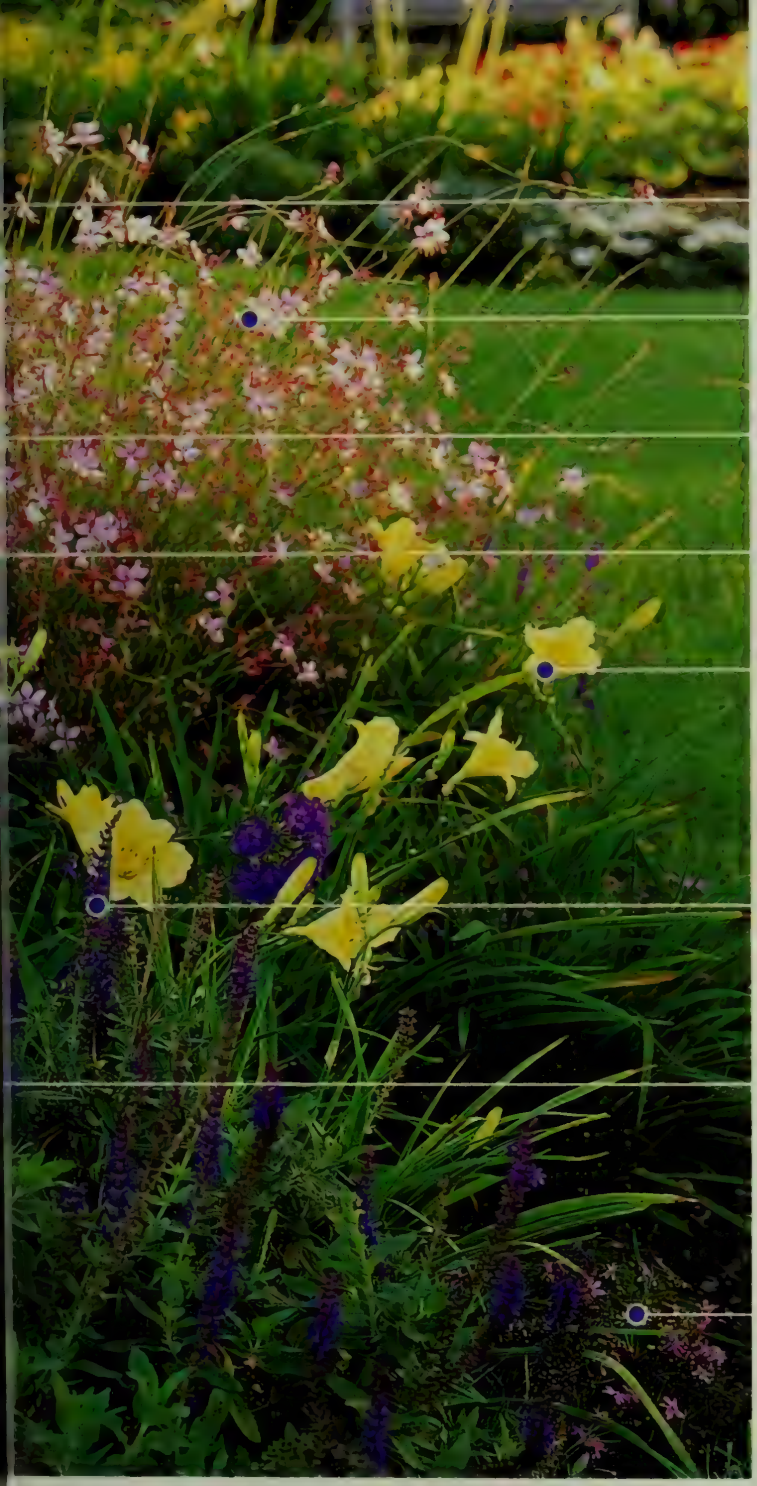
Perennials are popular for good reason: They return year after year to flower in ever-increasing force. Some of the most familiar perennials, such as irises and peonies, bloom for two weeks or less before calling it quits for the year; others bloom repeatedly or even continuously through the growing season. The transitory bloomers bring welcome splashes of color, but it's their longer-flowering brethren that give a garden staying power. Last summer we showcased nine high-performance perennials in a sunny corner of our Test Garden. True to plan, they bloomed and bloomed.



A Garden of Nine Long-Blooming Perennials

1. Wonder of Staffa aster (2)
2. Siskiyou Pink gaura (2)
3. Becky shasta daisy (2)
4. Laura summer phlox (3)
5. Happy Returns daylily (3)
6. Anthea yarrow (2)
7. May Night salvia (4)
8. Japanese aster (2)
9. pink coreopsis (2)

To order plants, see page 156



1. Wonder of Staffa aster
A flurry of fall flowers makes up for this aster's late start.

2. Siskiyou Pink gaura
Looks like a cloud of pink butterflies on swirly stems.

3. Becky shasta daisy
Sturdier than other shastas we've tried, and a reliable repeater.

4. Laura summer phlox
A new, disease-resistant variety of a garden classic.

5. Happy Returns daylily
All the bloom power of the famous Stella de Oro in a cleaner color.

6. Anthea yarrow *(hidden)*
Hidden from this angle, but believe us, it's blooming.

7. May Night salvia
Violet-blue spikes, and lots of 'em.

8. Japanese aster
Quietly handsome from June to frost.

9. pink coreopsis
Low, pink-spangled mounds for the front of a garden.

Even Overachievers Need a Break

"Long-blooming" doesn't mean "always in bloom." Our Test Garden bed stayed colorful from spring to frost, even though the nine perennials weren't always in simultaneous glory. When we took this photo in early September, the pink gaura and the Wonder of Staffa aster were nearing their peak, while the pink coreopsis was winding down and the shasta daisy was in a lull between flushes of flowers.



Laura summer phlox

(opposite)

Laura's magnificent clusters of fragrant flowers paint the midsummer garden with purple. Blooming continues through early fall. This recent introduction ranks among the most disease-resistant varieties of summer phlox we've grown. Plant phlox where it gets lots of sun in moist, fertile soil.

HARDINESS	GROWTH HABIT	BLOOM TIME
To 30° below	Height: 36-48 inches Width: 18 inches	Summer and early fall



May Night salvia

(above)

May Night sends up an impressive flush of violet spires in late spring, then takes a breather. It resumes blooming in summer with increased stamina, continuing until frost so long as you remember to clip the spent spikes. That's a lot of flowers from a perennial. Plant in full sun.

HARDINESS	GROWTH HABIT	BLOOM TIME
To 30° below	Height: 18 inches Width: 18 inches	May through fall

Anthea yarrow

(right)

An improvement over the floppy yarrows that we're all tired of, Anthea bears its flat-topped clusters of tiny flowers on sturdy, upright stems. The blossoms open pale yellow and age to cream. New flower heads appear all summer long over a tidy mound of soft, silver foliage. Plant in full sun.

HARDINESS	GROWTH HABIT	BLOOM TIME
To 40° below	Height: 24 inches Width: 18 inches	Summer through fall

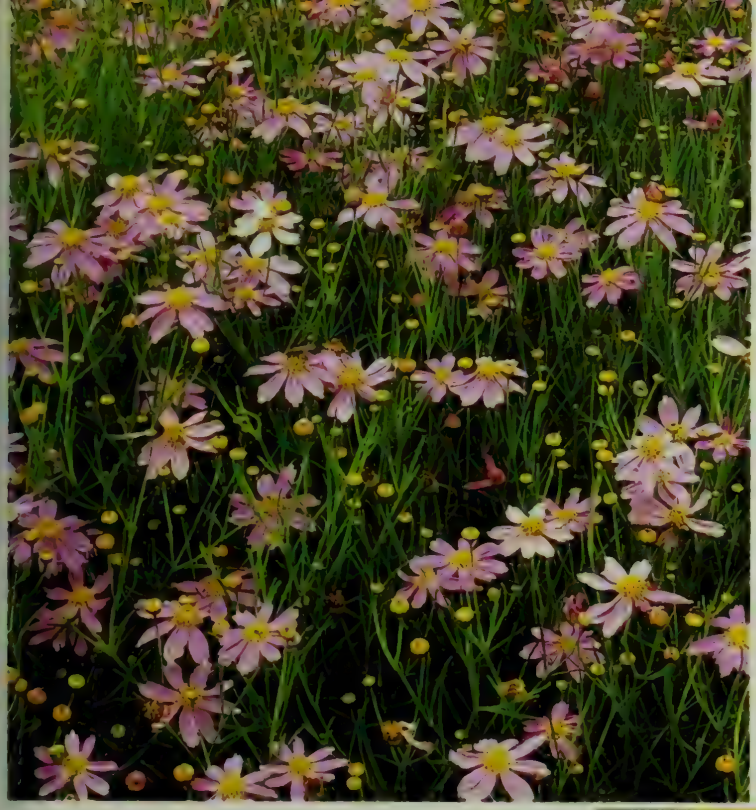




Becky shasta daisy

Classic white daisies have a way of complimenting anything they're planted next to. Our new favorite among these unpretentious charmers is Becky, which blooms for two months or more on long stems that beg to be cut for bouquets. Plant in a sunny location. Remove spent flowers to keep the blossoms coming.

HARDINESS	GROWTH HABIT	BLOOM TIME
To 25° below	Height: 36 inches Width: 18 inches	Summer



MORE LONG-BLOOMERS

You can't have too much of a good thing, the saying goes. For gardeners who concur, here are some more of our favorite perennials with extra-long seasons of bloom.

- Butterfly Blue scabiosa
- Russian sage
- Goldsturm coneflower
- Johnson's Blue geranium
- hybrid Lenten rose
- Clara Curtis chrysanthemum
- *Corydalis lutea*
- Zing Rose dianthus
- Goblin blanketflower
- Autumn Joy sedum
- *Campanula portenschlagiana*
- red valerian
- Moonbeam coreopsis

Pink coreopsis

(*above*)

Coreopsis rosea is a cousin of the familiar butter-yellow Moonbeam coreopsis. Like Moonbeam, this pink form sports dainty daisies in abundance on low, bushy plants. Give it sun and moist soil, and it will bloom all summer. Over time, pink coreopsis spreads to create a pink-flowered carpet—a delicate foil for bolder perennials.

HARDINESS	GROWTH HABIT	BLOOM TIME
To 30° below	Height: 12 inches Width: spreads slowly	Summer, early fall

Happy Returns daylily

(*right*)

Even though each yellow trumpet lasts just a day, a fresh batch of blooms opens daily. Happy Returns blooms in wave after wave through summer and fall. Plant in sun or partial shade and keep the soil moist through the growing season. Every few weeks, tidy up plants by removing spent flower stalks and brown leaves.

HARDINESS	GROWTH HABIT	BLOOM TIME
To 40° below	Height: 18 inches Width: 18 inches	May through frost





Japanese aster

(above)

We can't figure out why more gardeners don't plant this reliable workhorse, also known as *Kalimeris pinnatifida* Hortensis. The plants are endlessly branched into a thicket of wiry stems, each tipped with a small, creamy white blossom. Suitable for sun or partial shade.

HARDINESS	GROWTH HABIT	BLOOM TIME
To 30° below	Height: 30 inches Width: 24 inches	Summer through frost

Siskiyou Pink gaura

(right)

These pale pink flowers dance in the breeze like tiny butterflies. Darker pink buds give the plant a two-toned effect. Despite the fragile appearance of its blossoms, gaura is a durable perennial that tolerates heat and drought. Give it rich soil and a sunny exposure.

HARDINESS	GROWTH HABIT	BLOOM TIME
To 20° below	Height: 30 inches Width: 30 inches	Summer, early fall

continued on page 154



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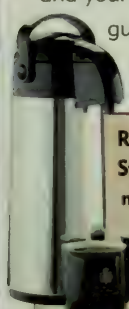
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continued from page 152

Wonder of Staffa aster

You'll get a good three months of flowers from this lavender wonder. Beginning in June with a few tentative blooms, Wonder of Staffa doesn't reach full stride until late summer, when the long-lasting flowers pop out fast and furious. Give it some winter protection in cold climates. Full sun.

HARDINESS	GROWTH HABIT	BLOOM TIME
To 15° below	Height: 30 inches Width: 30 inches	Summer and fall

continued on page 156

Buying information, page 156

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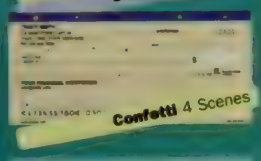














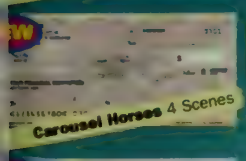


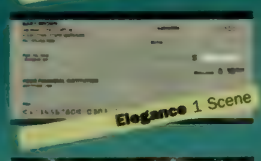














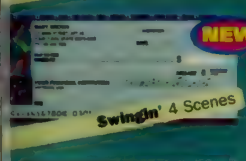








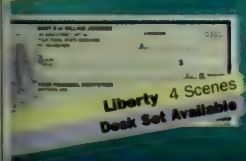


















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continued from page 154

1. Wonder of Staffa aster
2. Siskiyou Pink gaura
3. Becky shasta daisy
4. Laura summer phlox
5. Happy Returns daylily
6. Anthea yarrow
7. May Night salvia
8. Japanese aster
9. pink coreopsis

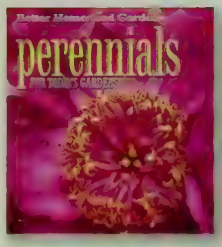


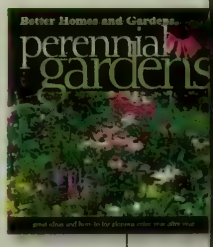
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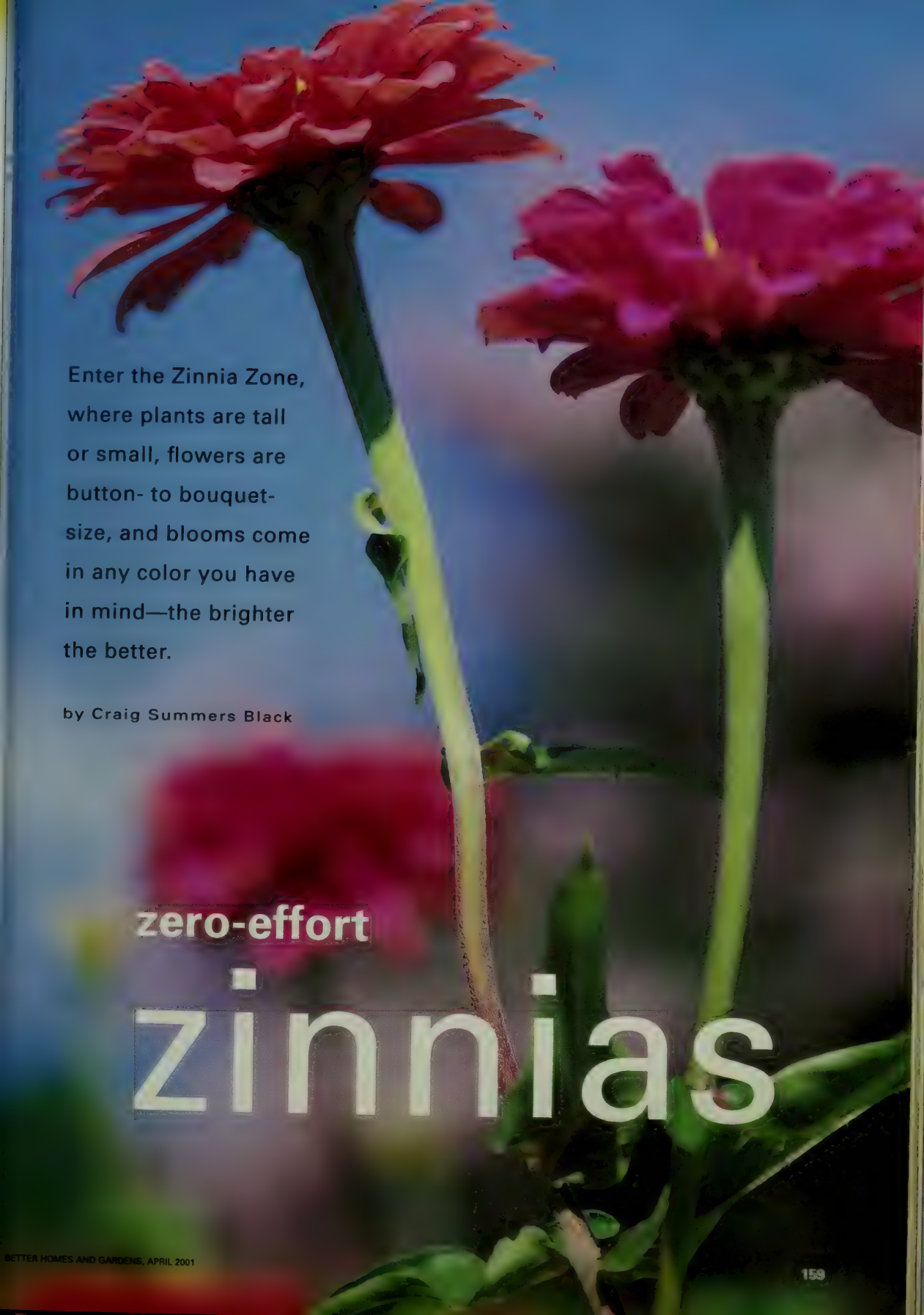
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by Craig Summers Black

zero-effort zinnias



Gardener Wadea Bestiara (see *page 164*) grows a mix of California Giants like this one in the hot Texas sun. Although zinnias appreciate water, they are drought-tolerant.

Dreamland Coral and Dreamland Scarlet brighten a Roxbury, Connecticut, landscape (*far right*).

You probably grew up with zinnias, maybe even helped Mom stick a row of seeds in the ground. Without fail, your zinnias prospered. They were that easy. Sure enough, just as summer got so hot that you shed your shoes, the zinnias started pumping out those outrageous flowers. And they kept flowering—usually in colors as hot as a firecracker—until the school bus began its ominous arrival again. Yes, zinnias have long been staples (stars, actually) in the back of the border. But newer varieties are shorter and they are spreaders, putting them quite at home front and center as well. And just as there are zinnias from 6 to 46 inches tall, less brassy, more compatible colors have now entered the already expansive spectrum.



Profusion Cherry (*left*) is a new low grower for the front of the mixed border.

Cut perennials soften the vibrant tones of dwarf Oklahoma and Sunshine Mixed zinnias in a container (*right*).







zero-effort zinnias

Zinnias like it hot, so don't try to jump the gun and start your seeds while the ground is still cold and damp. Wait at least a week until after your last frost before slipping the seeds a quarter-inch into the soil. Don't worry about planting "late." Zinnias are fast growers.

And although you can start seeds indoors four to six weeks before your last frost date and then set plants outside later, you won't gain much—if any—ground. Zinnias, like morning glories and nasturtiums, would just as soon be planted where they will live.

Another suggestion: Plant different varieties of zinnias throughout your perennial beds for constant color, right up until a killing frost.





Wadea Beshara grows every color of California Giant there is, including this buttery yellow. Wadea offers this advice: "Don't get water on the leaves in the hot summer sun or they'll burn."

In a Falls Village, Connecticut, garden, Persian Carpet stands 2 feet tall, with bicolored semi-double blossoms in combinations of red, mahogany, gold, purple, chocolate, and cream (*far left*).

Many cut flower growers swear by Benary's Giant (formerly Blue Point) zinnias, like these (*near left*) from a Washington Depot, Connecticut, garden.

zero-effort **zinnias**



A ZEST FOR ZINNIAS

Wadea Beshara, who just turned 88, had been a vegetable gardener his whole life—"ever since I was a kid." But four years ago he gave up on growing vegetables after struggling with them a few seasons in the summer heat at his home in Lewisville, Texas. So he tried zinnias, and doubled his plantings every year since, to the point that he now grows a 4x600-foot bed. His zinnias, all California Giants, look so good he sells them to local florists for 35 cents a bud. Last year he sold 8,000. You do the math.

Zinnia blossoms aren't the same-old, same-old either. They now come in pompons, cactus flowers, stripes, and freckles. To keep your zinnias ever-blooming, don't just deadhead them—snip the whole stalk of spent blossoms. Easier: Use your plants as an unending source of cut flowers for indoor arrangements, and you won't have to do any cut-and-discard chores.

To order a seed collection, see page 114
Buying information, page 225



Jan Johnson grows zinnias in containers and in her perennial beds in her backyard garden in Mount Vernon, Washington (*above left* and *left*). "They're just gorgeous in late summer," she says.

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by Sarah Egge

let's play house



Courtney and Catherine Alpeter have a secret to tell: Life is fun and games at their house. Their mom's lighthearted decorating has put a smile on the face of their traditional suburban Minneapolis home.



let's play house

Everything in the Alpeter house conveys an optimistic message: Life should be a day at the beach.

Just nine years ago, life really was a beach. Dana and Steve enjoyed a 180-degree view of the ocean from their cottage in Manhattan Beach, California.

Then the tide changed. Business opportunities and the decision to raise children near family brought Dana and Steve to Minneapolis.

Awaiting them on a cold January day was a dark, closed-in 1927 colonial. The shock hit them like a northern blast. Rather than melt with despair, Dana brightened up the house until it became a light-filled oasis.



The gently marred finish on the sofa table (*left*) indicates Dana likes things a little casual. The pink lamps are the color of a seashell's interior.

Bare feet are welcome on the sofa and chairs (*right, top*), which have toss-in-the-washer slipcovers. White woodwork, a pastel rag rug, and walls the color of icy grapefruit brighten the surroundings even on gloomy days. Black electronics hide in the armoire.

A colorful miniature playhouse that shows its casual side (*right, bottom*) is a metaphor for Dana's decorating philosophy.





"One night in L.A. after we decided we were moving, I looked down at my sandals and said to Steve, 'We can't move back. I don't even own socks!'" —Dana Alpeter





Dana imbued rooms with a sense of nature, which is clear in the sunroom (*left*). Garden furniture and accessories, flower-print fabrics, and a natural sisal rug "erase the line between the inside and the outside," she says.

Cheerful peppermint-stripe wallpaper and white furniture gather light into the kitchen (*right*). Throughout the house, window treatments are simple and don't shroud the panes, like the high-hanging panels blooming in the kitchen. "All the floral patterns I picked were a way to have a garden in the winter," Dana says.

"I'm one of those people who is really affected by sunshine," Dana says. "At first, it was so dark in this house I could hardly breathe." Heavy draperies made way for clean-lined white wood blinds. Dana pulled up carpeting to reveal the wood floors underneath, and she painted the house's ample woodwork white. Immediately, the house seemed to expand.

Then, she painted and papered the walls in pale colors that reflect light. "I wanted springy, summery colors so that even when it's gray outside, I can still feel sunshine inside."



let's tour Dana's house

Dana and Steve originally hail from the Midwest, but they appreciate the low-key California lifestyle. They brought that casual sensibility to this house by decorating with welcoming slipcovered upholstered furniture, candid family photos as artwork, and nonprecious collectibles.

"Everything in this house is washable and easy to care for," Dana says. "It's all meant to be used, including my grandmother's linens [*right*]."



"One of the things I appreciate about living here are all the sunny, blue-sky days. The crisp winter days are beautiful." —Dana Alpeter



A photograph of Courtney at the beach (*left*) hangs above a tea cart Dana had painted pale pink. The tea cart isn't perfect; it's even a little shabby. But Dana likes it for its character.

Wood blinds filter sunlight onto the dining table (*opposite*), which is dressed in Dana's grandmother's white linens. The painted side chairs, wicker hosts' chairs, and metal chandelier create a harmonious textural blend.

let's play house



"Keeping the pattern and color simple throughout the house made for an open, uncluttered feel." —Dana Alpeter



The baby dresses
Catherine's room
(*left*) were her
mother's, and bot
Catherine and he
sister wore them
infants. Dana pair
a diamond patter
the wood floors i
both girls' rooms
visually expand t
spaces. While the
floors are almost
structible, "they e
look a little better
worn," Dana says

let's play house



Courtney's bedroom (*left*) features a wood bed fit for a princess and outfitted in pretty plaids and checks. Whispery sheer curtains with embroidered bugs float below floral valances, continuing the garden feel Dana conjured downstairs. A small desk and chairs (*below*) were painted to match the curtains and bedding.

"I wanted continuity of color throughout the house so there would be flow from one room to another," Dana says. And the girls' rooms are no exception. Dana plied colors from the same pastel palette; mixed florals with geometrics (a no-lose formula); and blended furniture textures, from hand-painted wood to wicker to metal.

She also factored in the girls' interests. Catherine, 6, likes dolls and frilly things, so Dana gave her ruffled pillow shams and hung baby dresses on the wall. Courtney, 8, is studious and social. Dana gave her a desk (*right*) and big surfaces on which to display school projects and friends' photos. Both rooms reflect Dana's goal: "I wanted the rooms to be more sophisticated, so the girls could grow into them," Dana says.

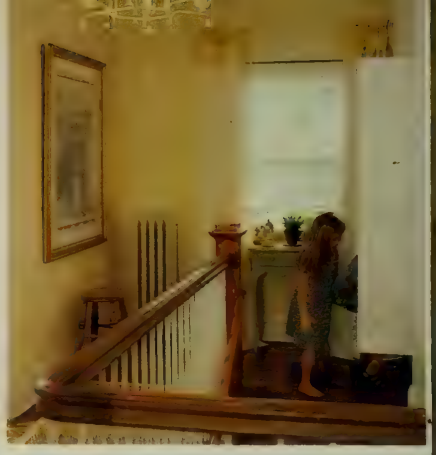


let's play house

"I know what inspires me," Dana says. Her family, sunshine, and nature head the list. And of course, that's what her home reflects. You are surrounded by her vision no matter where you are in the house—even the second floor hallway (*right*), where sheer, simple curtain panels and pale yellow striped walls envelop the girls while they play dress up.

"I loved doing this. What I loved most was seeing the transition from dark to light," Dana says. "This house really makes me happy." ⌂

Buying information, page 225





Dana and Steve's bedroom is about as wide as their queen-size bed is long. She made it feel bigger with uncluttered accessorizing and lots of white. With the bed positioned in front of the windows overlooking the front yard, the couple can enjoy the morning light.

I'm not going to sleep. I'm not going to sleep. I'm not goin...



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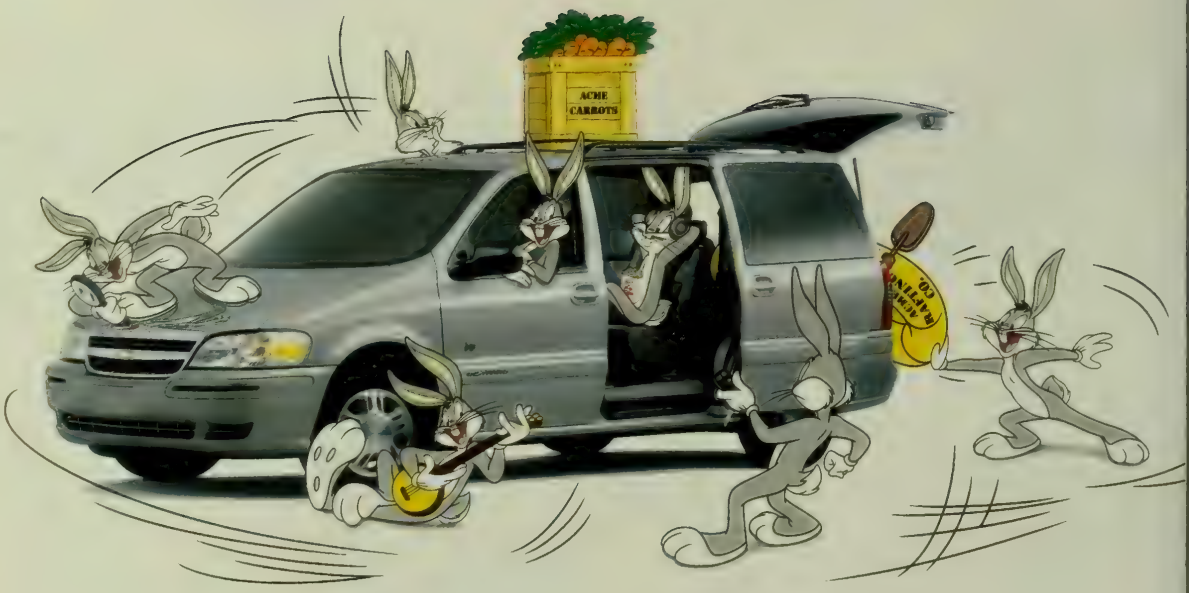
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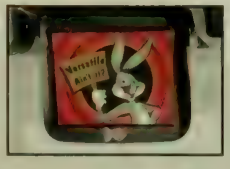
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rooms for sun days



by Laura O'Neil

A light-filled room decked out with garden-inspired furniture. Fabrics in freshly picked colors. Accessories that hint at the great outdoors. All these invite you to bask in the beauty of nature—whether you are alone with a relaxing cup of tea or together with family and friends. Ready for the sunny tour? Two brilliantly set sunrooms beckon.

1

Sunroom or Porch?

For these homeowners, what started as a screened porch addition evolved into a two-story addition—an all-season sunroom on one floor and a bedroom and bath on the other. "With construction factors, and the idea of adding two rooms above, it became necessary to create a more solid structure," says Richard Becker, architect. "I was concerned with pipes freezing in the space above the open-air porch.



"The couple also wanted the two-story addition (*left*) to look like it had always been there," he continues. "We tried to break up the scale of the structure by detailing the bottom in wood trim boards and the upper part in a beveled siding system to match the existing house. A steeper gable in the roofline on the end of the addition was created to update the exterior's architectural appeal."

On the inside (*right*), the homeowners envisioned the 13×19-foot "grandma's porch" endowed with today's conveniences: energy-efficient windows, a beadboard ceiling illuminated by recessed lighting, and a slate floor warmed by radiant heat.



PHOTOGRAPHS: JIM HEDRICH. ARCHITECTS: NANCY AND RICHARD BECKER. BECKER ARCHITECTS LTD. INTERIOR DESIGNER: MARILYNN DAVIS INTERIORS. REGIONAL CONTRIBUTOR: HILARY ROSE



2

An Air of Nantucket

Soothing as this New England-style sunroom seems, there's practicality beneath its beauty. The addition is conveniently located in the home—adjacent to the formal living room, two steps down from the kitchen, and a door away from the new cedar deck. The room helps bring nature's ongoing show indoors and adds a useful, sun-dappled gathering space for family and friends of Middy and John Lepinski of Omaha, Nebraska.



The couple has lived in and lovingly labored over their 1950s split-level home for more than 30 years. Their commitment to transforming the regular-ranch home into this restful Nantucket-style nest shows through.

Like the existing house, the exterior of the sunroom (*left*) was clad with 8-inch cedar lap siding and cedar trim. Cedar V-grooved car siding on the new gable matches that of the original house and gables.

The Lepinskis wanted the east end wall (*far right*) of the 18×25-foot room to be an impressive and bright passway to the deck. In keeping with the room's traditional architecture, 8-foot-tall French doors were installed with flanking windows and half-round windows above. Adding the decorative molding helped to avoid that "lumberyard windows" look. To give the newly installed tile floor the appropriate aged look, a clear semigloss finish was applied.

PHOTOGRAPHS: SUSAN GILMORE. BUILDER: MICHAEL C. JOHNSON, D.A. BOSWELL CO. PHOTO STYLISTS: MELANIE PARKS AND MARY CONLOW, BLENDINGS





A side door (*left*) off the sunroom allows guests to stroll from the kitchen to the wraparound deck without interrupting conversations and activity in the sunroom.



Pilasters and crown molding (*right*) frame the window and door openings, adding architectural depth and classic detailing. The pilasters also provide extra bearing for the roof trusses to rest on.

"Because John and Middy love to entertain casually, I knew that most guests would enter the sunroom through the kitchen (*top*), so that entry needed to blend better," says Michael Johnson, their builder. "One of Middy's most firm ideas was to carry the look of the columns between the kitchen windows into the addition. This prominent design detail naturally brought the two spaces closer together," he says.

To handle the added square footage, a wall-mounted heating-and-cooling unit supplements the existing system and provides the homeowners with year-round comfort.

Buying information, page 280

Smoothly Connecting Sunspaces

- **Work with an architect who specializes in residential remodeling.** And if your home is older, try to find an architect who has experience with preservation projects. A local preservation group, school of architecture, or your state's department of history may be able to give you names of appropriate design professionals.

- **Blend exterior building materials and color.** For example, mimic the color of original stone for siding or use glass in place of wood. Avoid stark color contrasts. If you decide to use matching materials, you may have to repaint the original house because paint colors fade and wear in sun and weather.

- **Check with your planning and zoning commission about setback requirements.** If requirements are insufficient, you may be able to get a zoning variance. Prepare for your local zoning meeting; bring accurate information, such as the distance between your house and the property line.

- **Don't necessarily try to copy the exact cladding materials of the original house.** You may be able to introduce a different type of shingle or roofing material. Think compatibility rather than identical matches.

- **Emulate original scale and proportion.** This is key for roof pitch and window placement. If you plan to use more glass, work with multipanes rather than large sheets when adding a contemporary addition to a traditional-style house. Your house's style, not just its age, is paramount.


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breakfast

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recipe begins on page 203

by Richard Swearinger



Whether the theme of the day is "go slow" or

"full speed ahead," we've got a recipe to suit your a.m. routine.

Windowpane Eggs

An egg cooked in a slice of bread (*left*) has always been one of those almost-magic tricks that delight kids. Try this rendition topped with a two-minute sauté of tomatoes, fresh dill, and pea pods.

Weekend Scramble

First, let's get the egg-versus-health issue out of the way. It's fine to eat up to four of the oval white beauties a week, say researchers. When sensible amounts of bacon and mushrooms are added to the mix (*right*), there's just no way to resist.

recipes begin on page 203





Pick-Your-Fruit Smoothie

A glassful of something sweet and icy cold—such as this blend of juice, berries, and yogurt (*left*)—helps clear the fog in a flash.

Lemon Soufflé Pancakes

When you have trouble getting lift for the morning takeoff, these light lemony pancakes (*right*) will float you up to cruising altitude. An ultrafast homemade raspberry syrup is the wind beneath your wings.

Baked Grapefruit Halves

The bright sweet-tart flavor and quick prep time of grapefruit has made it a morning favorite forever. Build on its delicious ease with eye-opening toppers of rich bananas, oranges, and dried plums.





breakfast

recipes begin on page 204

even the sweetest dreams can't keep kids in bed when



Salmon and Bagel Bake

Finally, you have something to do with bagels besides spreading them with cream cheese. In this make-ahead weekend casserole (*left*), bagels are cut into crescents and combined with green onion, salmon, and havarti cheese.

Knife-and-Fork Breakfast Burrito

Unselfishly, eggs can let other ingredients—in this case beans, salsa, tomatoes, and cheese—be the center of attention (*right*). Cooked in a thin layer, just one egg to a person, they become "tortillas" flexible enough for wrapping.

the aroma of these breakfast treats wafts through the house.



recipes begin on page 206

continued from page 193

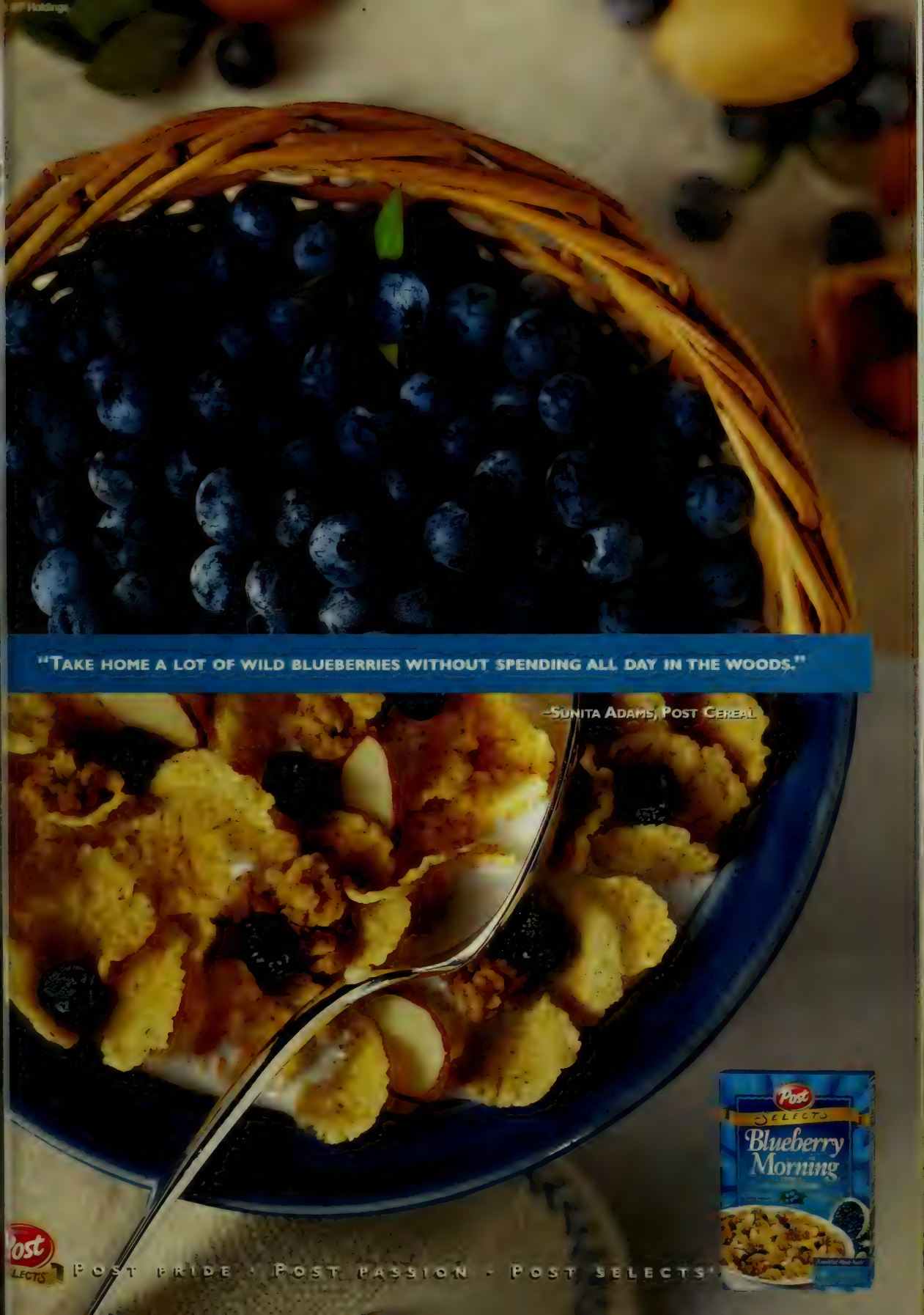


Nutmeg Beignets

If you're lucky enough to live in New Orleans, these tender French-style doughnuts (pronounced "ben-YAYS") would be an entirely reasonable breakfast. Not so fortunate? We've created a recipe that allows you to make the dough the night before, then cook them in the morning.

continued on page 198

recipe begins on page 208


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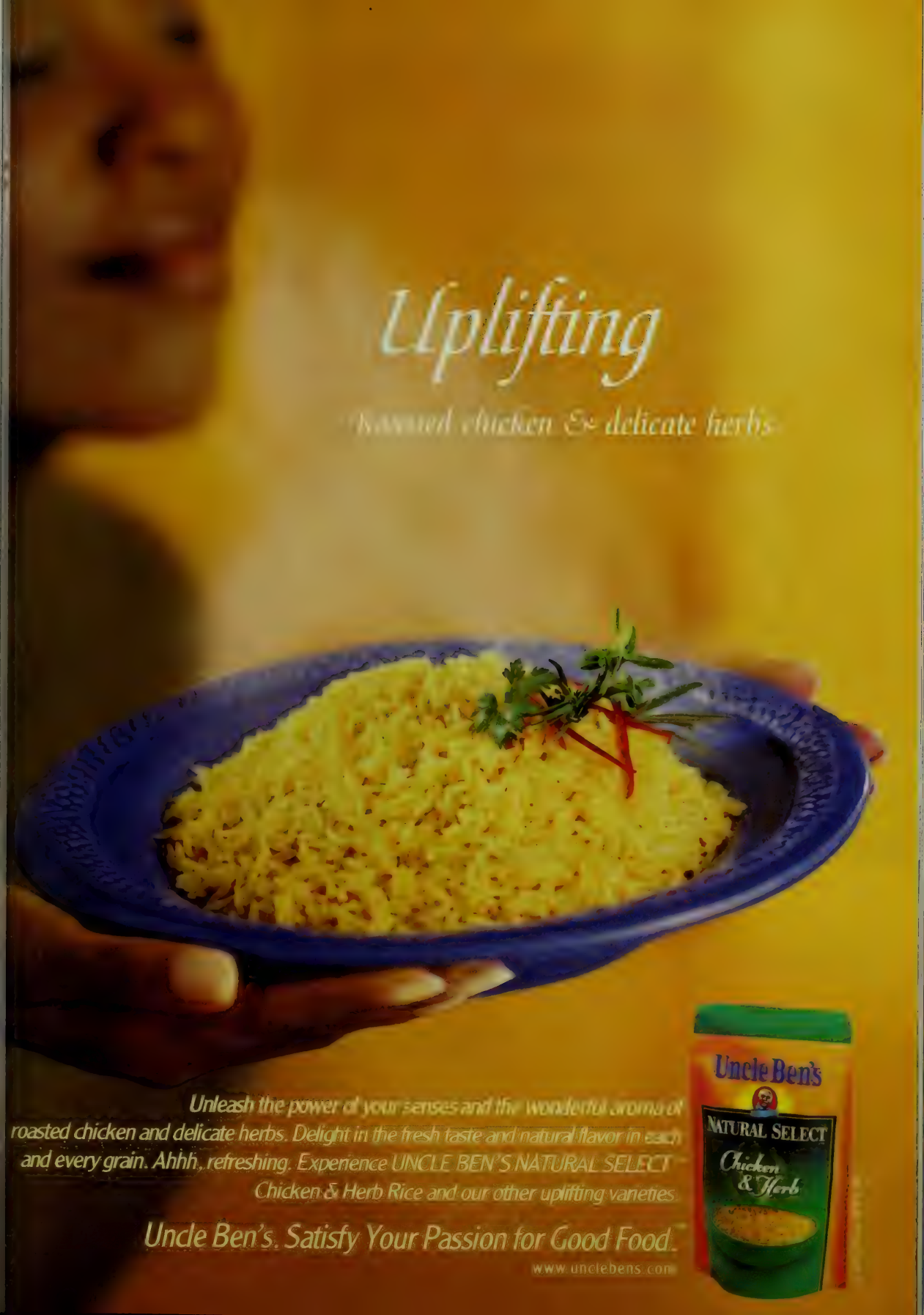


Mango Hot Cakes

Pancakes are wonderful plain, but adding mangoes, sour cream, and coconut takes these tasty cakes to a new level. Never had a mango? Think of it as a user-friendly peach taste-alike that's happy to show up when its domestic cousin can't make it to your breakfast party.

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Sausage-Pineapple Scrapple

Simply put, scrapple is seasoned and fried cornmeal mush. But, we added lots of flavorful extras to this updated version—sausage, red peppers, and an easy-do fresh pineapple sauce.

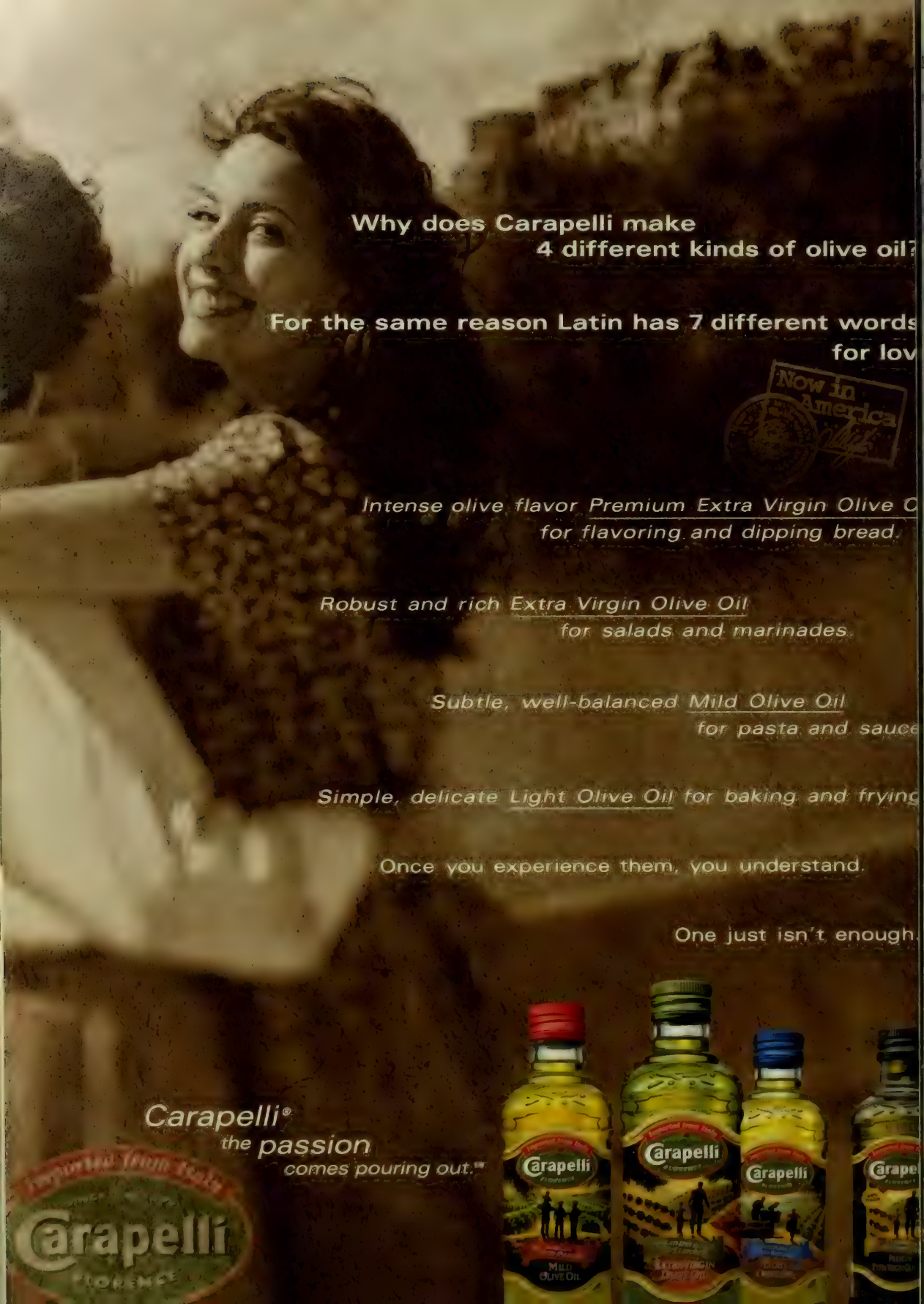
recipe begins on page 210

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Ready-When-You-Are Granola

You can turn this cereal into a make-ahead recipe by combining it with yogurt the night before serving.

Prep: 15 minutes **Cook:** 2 minutes

- 1 Tbsp. margarine or butter
- 1¾ cups unsalted or lightly salted mixed nuts
- 1 Tbsp. brown sugar
- ½ tsp. ground cinnamon
- 4 cups multigrain cereal with rolled rye, oats, barley, and wheat
- 1 cup regular rolled oats
- 1 cup toasted wheat germ
- 1 6- or 7-oz. package mixed dried fruit bits
- ½ cup unsalted shelled sunflower seeds or Grape Nuts cereal
- Milk or nonfat vanilla yogurt
- Sugar (optional)
- Coarsely cut up Granny Smith apple (optional)

1. For skillet-roasted nuts, in a large skillet or saucepan heat margarine or butter over medium heat. Stir in brown sugar; add mixed nuts. Cook and stir about 3 minutes until sugar is dissolved and nuts are lightly glazed. Remove from heat. Sprinkle with cinnamon. Transfer to greased foil to cool. Set aside ¾ cup of the nuts. Transfer remainder to airtight container; chill or freeze.

2. In a bowl stir together multigrain cereal, rolled oats, the ¾ cup roasted nuts, wheat germ, dried fruit bits, and sunflower seeds. Cover tightly and refrigerate up to 1 month.

3. For each serving, pour about ½ cup granola in a bowl, add milk. (Or to serve with yogurt: Combine ½ cup vanilla yogurt and ¼ cup granola; cover and chill 4 hours or overnight. Stir in sugar to taste and milk to desired consistency.) If desired, sprinkle with sugar, apple, and more of the skillet-roasted nuts. Makes 8 cups mix (sixteen ½-cup servings).

Nutrition facts per serving with ½ cup reduced-fat milk: 272 cal., 9 g total fat (2 g sat. fat), 0 mg chol., 16 mg sodium, 35 g carbo., 6 g fiber, and 10 g pro. Daily Values: 0% vit. A, 1% vit. C, 6% calcium, 13% iron.

Windowpane Eggs

If grape or cherry tomatoes are not available, substitute a chopped small regular tomato.

Prep: 15 minutes **Cook:** 6 minutes

- ½ cup fresh sugar snap pea pods, strings and tips removed
- ½ cup grape tomatoes and/or yellow cherry tomatoes, halved
- 1 tsp. cooking oil
- 2 tsp. snipped fresh dillweed or ½ tsp. dried dillweed
- Salt and pepper
- 2 Tbsp. margarine or butter
- 2 ½-inch-thick slices sourdough bread, approximately 5x4-inch rectangles
- 2 eggs

1. In a very large (12-inch) skillet cook and stir pea pods and tomatoes in hot oil for 2 minutes or until the peas are crisp-tender and heated through. Stir in dill. Season with salt and pepper. Remove from skillet. Cover and keep warm.

2. In the same skillet melt margarine over medium heat. Cut or tear a hole in each slice of bread leaving about ½ inch band of bread around the perimeter. Place bread slices in hot skillet. Crack egg into center of each bread slice. Sprinkle with salt and pepper. Cover and cook 3 minutes. Using a pancake turner, turn bread over; cook an additional 1 minute or until desired doneness.

3. Place egg and bread onto individual serving plates. Serve with pea-tomato mixture. Makes 2 servings.

Nutrition facts per serving: 282 cal., 20 g total fat (4 g sat. fat), 213 mg chol., 499 mg sodium, 17 g carbo., 2 g fiber, and 9 g pro. Daily Values: 0% vit. A, 30% vit. C, 6% calcium, and 11% iron.

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Weekend Scramble

Pancetta is an unsmoked bacon that's been cured with salt and spices. Regular bacon works equally well.

Start to finish: 30 minutes

- ½ of a 4- to 5-oz. round Brie or Camembert cheese, cut up
- 8 eggs
- 2 Tbsp. milk
- 1 Tbsp. snipped fresh chives or thinly sliced green onion tops
- ¼ tsp. salt
- ⅛ tsp. pepper
- 2 oz. sliced pancetta or 3 slices bacon
- Olive oil
- 1½ cups fresh morel mushrooms, chanterelles, and/or white button mushrooms, sliced
- 6 oz. fresh arugula or fresh baby spinach*, lightly steamed (4½ cups)



For great scrambled eggs, wait until the bottom layer of eggs is set before stirring.

1. Remove rind from cheese, if desired. Cut cheese into bite-size pieces; set aside.

2. In a medium mixing bowl beat together eggs, milk, chives, salt, and pepper; set aside. In a large skillet cook pancetta over medium heat until crisp. Drain on paper towels, reserving drippings in skillet. Crumble pancetta and set aside. Measure drippings in skillet; add oil, if necessary, to equal 2 tablespoons.

3. Add mushrooms to skillet; cook over medium-high heat 4 to 5 minutes or until tender. Reduce heat to medium. Return pancetta to skillet.

4. Pour egg mixture over mushroom mixture in skillet. Cook, without stirring, until egg mixture begins to set on the bottom and around edge. Using a large spatula, lift and fold the partially cooked eggs so uncooked portion flows underneath.

5. Continue cooking and stirring for 2 to 3 minutes or until eggs are cooked through but are still glossy and moist. Top with Brie or Camembert cheese. Remove from heat. Cover; let stand for 1 to 2 minutes to soften cheese.

6. To serve, place arugula on each plate and spoon egg mixture alongside. Makes 6 servings.

*Note: To steam spinach, place spinach in a steamer basket in a skillet over a small amount of gently boiling water. Add spinach to basket. Cover and steam about 1 minute or until spinach is just wilted. Drain well.

Nutrition facts per serving: 203 cal., 16 g total fat (6 g sat. fat), 300 mg chol., 308 mg sodium, 3 g carbo., 1 g fiber, and 13 g pro. Daily Values: 0% vit. A, 8% vit. C, 10% calcium, and 9% iron.

Baked Grapefruit Halves

Prunes now have another name—they're also called dried plums.

Prep: 15 minutes **Bake:** 12 minutes

- 3 red grapefruit
- 1 large orange, peeled and sectioned
- 1 medium banana, sliced
- ⅓ cup orange- or lemon-flavored or regular pitted dried plums (prunes), coarsely snipped
- 2 Tbsp. orange liqueur (optional)
- 1 Tbsp. margarine or butter, cut into small pieces
- 2 Tbsp. brown sugar
- ½ tsp. ground cinnamon

1. Preheat oven to 450° F. Halve each grapefruit; cut a very thin slice from the bottom of each half so grapefruit will sit flat. Use a grapefruit knife or other small knife to cut around the outer edge to loosen fruit from shell. Cut between each segment to loosen it from membrane.



To section a grapefruit, cut fruit free from surrounding membranes.

2. In a bowl combine orange sections, banana slices, prunes, and if using, liqueur. Mound the orange mixture atop the grapefruit halves. Dot each half with margarine or butter. Combine brown sugar and cinnamon; sprinkle over fruit mixture. Place in a 3-quart rectangular baking dish. Bake, uncovered, for 12 minutes or until grapefruit is warm and topping is hot. Makes 6 servings.

Nutrition facts per serving: 105 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 23 mg sodium, 23 g carbo., 3 g fiber, and 1 g pro. Daily Values: 0% vit. A, 65% vit. C, 3% calcium, and 3% iron.

Pick-Your-Fruit Smoothie

It's important for the flavor and texture of the drink that the chosen juice be well chilled.

Start to finish: 10 minutes

- 2 cups strawberry-flavored juice blend or strawberry drink, chilled
- 2 cups fresh or frozen, unsweetened strawberries
- 1 8-oz. carton plain yogurt
- 2 to 4 Tbsp. sugar or honey
- ½ tsp. vanilla
- Toasted wheat germ with brown sugar and honey (optional)

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1. In a blender container combine strawberry juice blend, strawberries, yogurt, sugar, and vanilla. Cover and blend until nearly smooth (there should be small chunks of strawberry still visible).

2. Divide among 4 glasses. Sprinkle with wheat germ, if desired. Makes 4 servings.

Nutrition facts per serving: 142 cal., 1 g total fat (1 g sat. fat), 3 mg chol., 53 mg sodium, 30 g carbo., 2 g fiber, and 3 g pro. Daily Values: 0% vit. A, 72% vit. C, 11% calcium, 3% iron.

Kiwi Smoothie: Substitute a kiwifruit juice blend for the strawberry juice blend and 1 cup peeled cut-up kiwifruit for the strawberries.

Melon Smoothie: Substitute orange or orange-tangerine juice for the strawberry juice blend and 1 cup cubed cantaloupe for the strawberries.

Lemon Soufflé Pancakes

When folding egg whites, use a rubber spatula. Cut down through the middle of the mixture and sweep upward; give the bowl a quarter turn before repeating. Continue until mixed.

Prep: 20 minutes
Cook: 4 minutes per batch

- 2 cups frozen lightly sweetened red raspberries
- 1 cup maple syrup
- 1 cup all-purpose flour
- 2 tsp. baking powder
- 2 tsp. finely shredded lemon peel
- ¼ tsp. salt
- 1 egg yolk
- ¼ cup butter, melted
- ¾ cup milk
- 3 egg whites
- Butter (optional)
- Fresh raspberries (optional)

1. To make raspberry syrup, thaw berries but do not drain. Place the berries in a blender container or food processor bowl. Cover and blend or process until berries are smooth. Press berries through a fine-mesh sieve into a small saucepan. Discard seeds. Cook and stir juice over medium heat until just heated through. Stir in maple syrup; set aside.

2. To make pancakes, in a medium mixing bowl stir together flour, baking powder, lemon peel, and salt. Make a well in the center of flour mixture; set aside. In a small mixing bowl beat egg yolk slightly. Stir in melted butter and milk. Add egg yolk mixture all at once to the flour mixture. Stir just until moistened (batter should be lumpy).

3. In another medium mixing bowl beat egg whites with an electric mixer at medium speed until stiff peaks form (tips stand straight). Gently fold egg whites into flour mixture, leaving a few fluffs of egg white. Do not overmix.

4. For standard-size pancakes, pour ¼ cup batter onto hot, lightly greased griddle or heavy skillet. (Or, for dollar-size pancakes, pour about 1 tablespoon batter onto hot, lightly greased griddle or heavy skillet.) Cook over medium heat 2 minutes per side or until pancakes are golden brown. Turn to second side when pancakes have bubbly surfaces and edges are slightly dry. Repeat with remaining batter. Serve with raspberry syrup, butter, and fresh raspberries, if desired. Makes 8 (4-inch) pancakes or 20 (2-inch) pancakes.

Nutrition facts per large pancake: 249 cal., 7 g total fat (4 g sat. fat), 45 mg chol., 271 mg sodium, 42 g carbo., 1 g fiber, and 4 g pro. Daily Values: 0% vit. A, 2% vit. C, 12% calcium, 7% iron.

Salmon and Bagel Bake

If onion bagels aren't available, substitute plain bagels

Prep: 15 minutes **Bake:** 35 minutes

- 4 eggs
- 1 14½-oz. can reduced-sodium chicken broth
- ¼ cup thinly sliced green onion
- 2 cloves garlic, minced
- 1 Tbsp. snipped fresh dillweed or ¾ tsp. dried dillweed, crushed
- 4 onion bagels, split, or 10 mini bagels (8 to 10 oz. total)
- 1 7½-oz. can red salmon, drained, skin and bones removed and broken into chunks
- 4 oz. Havarti cheese, shredded (1 cup)

1. Preheat oven to 350° F. In a medium bowl beat together eggs and broth. Stir in green onion, garlic, and dillweed; set aside. Cut split bagels in two or three pieces.

2. In a greased 2-quart baking dish place bagel bottom pieces cut side up. Spoon salmon and cheese onto bottoms. Arrange bagel top pieces on the stack cut side down. Gradually pour egg mixture over all.

3. Bake, uncovered, for 35 to 40 minutes or until a knife inserted near the center comes out clean. Let stand 10 minutes before serving. Makes 6 servings.

To make ahead: If desired, mixture may be assembled, covered with plastic wrap, and chilled up to 24 hours. Uncover. Bake 40 to 45 minutes.

Nutrition facts per serving: 325 cal., 15 g total fat (2 g sat. fat), 174 mg chol., 694 mg sodium, 27 g carbo., 1 g fiber, and 20 g pro. Daily Values: 11% vit. A, 2% vit. C, 25% calcium, and 15% iron.

Knife-and-Fork Breakfast Burrito

Slightly mashing the beans helps them absorb the flavors of the other ingredients.

Start to finish: 25 minutes

- 1 cup canned black beans, rinsed and drained
- ⅓ cup bottled chunky salsa
- 4 eggs, slightly beaten
- 2 Tbsp. milk
- ¼ tsp. pepper
- ⅛ tsp. salt
- Nonstick cooking spray or cooking oil
- 1 medium tomato, thinly sliced

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Cinnamon Chips Muffins

2 cups all-purpose biscuit baking mix, 1/3 cup sugar, 2 tbsps vegetable oil, 1 egg–slightly beaten, 1 cup HERSHEY'S Cinnamon Chips, 2/3 cup milk

Heat oven to 400°F. Grease or paperline 12 muffin cups (2 1/2 inches in diameter).

Combine baking mix, sugar, oil, egg, cinnamon chips and milk in medium bowl just until moistened. Spoon batter evenly into prepared muffin cups.

Bake 15 to 18 minutes, or until muffin tops are browned. Cool slightly; remove from pan. Serve warm with butter. Makes 12 muffins.

For more delicious HERSHEY'S Cinnamon Chips recipes, please visit our website at www.hersheykitchens.com

HERSHEY'S

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- ½ cup crumbled queso fresco cheese or shredded Monterey Jack cheese (2 oz.)
- ¼ cup dairy sour cream
- 4 tsp. snipped fresh mint
- Bottled chunky salsa (optional)

1. In a small saucepan mash the beans slightly. Stir in the ⅓ cup salsa. Heat through over low heat. Cover and keep warm while making egg "tortillas."

2. In a medium bowl combine eggs, milk, pepper, and salt. Coat a 10-inch nonstick omelet pan (or skillet with flared sides) with nonstick cooking spray, or brush lightly with a little cooking oil. Preheat pan over medium heat until a drop of water sizzles.

3. For each of the egg "tortillas" pour about ¼ cup of the egg mixture into the pan. Lift and tilt pan to spread egg mixture over bottom. Return to heat. Cook for 1½ to 2 minutes or until lightly browned on bottom (do not turn).

4. Loosen edges of the egg "tortilla" with spatula; carefully slide out onto a serving plate, browned side down. On one half of the "tortilla," spread one-fourth of the bean-salsa mixture. Top with tomato and cheese. Fold in half and then into quarters to form the burritos. Keep warm while preparing remaining tortillas and burritos. Top with a dollop of sour cream and the remaining cheese; sprinkle with mint. Serve with additional salsa, if desired. Makes 4 servings.

Nutrition facts per serving: 179 cal., 9 g total fat (4 g sat. fat), 223 mg chol., 389 mg sodium, 14 g carbo., 4 g fiber, and 14 g pro. Daily Values: 0% vit. A, 14% vit. C, 12% calcium, and 12% iron.

Nutmeg Beignets

Be sure to use a deep saucepan for frying, leaving about 3 inches between the fat and the top of the pan.

Prep: 40 minutes **Chill:** 4 to 24 hours
Stand: 30 minutes
Cook: About 1 minute per batch

- 3 to 3¼ cups all-purpose flour
- 1 pkg. active dry yeast
- 1¼ tsp. grated fresh nutmeg or 1 tsp. ground nutmeg
- 1 cup milk
- ¼ cup sugar
- 2 Tbsp. shortening
- ½ tsp. salt
- 1 egg
- Shortening or cooking oil for deep-fat frying
- Sifted powdered sugar (optional)
- Honey

1. In a large mixing bowl stir together 1½ cups of the flour, the yeast, and nutmeg. In a small saucepan heat and stir milk, sugar, shortening, and salt just until warm (120° to 130° F) and the shortening is almost melted.

2. Add milk mixture to the flour mixture. Add the egg. Beat the mixture with an electric mixer on low speed for 30 seconds, scraping bowl. Beat on high speed for 3 minutes. Using a spoon, stir in enough of the remaining flour to make a soft dough.

3. Place the dough in a greased bowl; turn once to grease the surface. Cover and refrigerate the dough for 4 to 24 hours.

4. Turn dough out onto a lightly floured surface. Cover; let rest 10 minutes. Roll into a 15x12-inch rectangle; cut into thirty 3x2-inch rectangles. Cover; let rest 20 minutes (dough will not be doubled.)

5. Heat 3 inches of shortening or oil in a deep saucepan to 375° F. Fry a few dough rectangles at a time in hot fat about 1 minute or until beignets are golden brown on both sides, turning once. Drain on paper towels. Keep warm in a 300° F oven while cooking remaining beignets. If desired, lightly sift powdered sugar over beignets. Serve warm, drizzled with honey. Makes 30 beignets.

Nutrition facts per beignet: 111 cal., 5 g total fat (1 g sat. fat), 8 mg chol., 46 mg sodium, 16 g carbo., 0 g fiber, and 2 g pro. Daily Values: 0% vit. A, 0% vit. C, 1% calcium, and 3% iron.

Mango Hot Cakes

To separate the mango from its peel, make a cut through the mango by sliding a sharp knife next to the seed along one side. Repeat with the other side, then remove the peel. Cut away any fruit clinging to the seed.

Prep: 20 minutes
Cook: 4 minutes per batch

- 1 cup all-purpose flour
- 1 Tbsp. sugar
- 2 tsp. baking powder
- ¼ tsp. salt
- ⅛ tsp. ground allspice
- 1 egg, slightly beaten
- 1 cup milk
- 2 Tbsp. butter, melted
- ⅓ cup chopped macadamia nuts or almonds, toasted
- 1 tsp. finely shredded lime peel
- 2 large mangoes, peeled and cubed
- Vanilla yogurt or dairy sour cream (optional)
- Shredded coconut, toasted (optional)



Place the mango pieces on the grill, then gently pour batter over the top.

1. In a large bowl stir together flour, sugar, baking powder, salt, and allspice. Make a well in the center of flour mixture; set aside.

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OREO® CHEESECAKE

Prep: 25 minutes plus refrigerating Bake: 1 hour Servings: 12

1 cup crushed OREO Chocolate Sandwich Cookies (about 12 cookies)

1 Tbsp. butter or margarine, melted

4 pkg. (8 oz. each) PHILADELPHIA® Cream Cheese, softened

1 cup sugar

1 tsp. vanilla

4 eggs

20 OREO Chocolate Sandwich Cookies, quartered

MIX crushed cookies and butter; press onto bottom of 9-inch springform pan. Bake at 325°F for 10 minutes. (Bake at 300°F for 10 minutes if using a dark nonstick springform pan.)

MIX cream cheese, sugar, and vanilla with electric mixer on medium speed until well blended. Add eggs, mixing on low speed until blended. Gently stir in quartered cookies. Pour over crust.

BAKE at 325°F for 1 hour or until center is almost set. (Bake at 300°F for 1 hour or until center is almost set if using a dark nonstick springform pan.) Run knife around rim of pan to loosen cake; cool before removing rim of pan. Refrigerate 4 hours or overnight. Garnish with COOL WHIP® Whipped Topping.

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ACHIEVE SAINTHOOD

KRAFT PHILADELPHIA

A LITTLE TASTE OF HEAVEN

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2. In another mixing bowl combine the egg, milk, and melted butter. Add egg mixture all at once to flour mixture. Stir just until moistened. Fold in toasted nuts and lime peel.

3. For each pancake, place several cubes of mango onto a hot, lightly greased griddle or heavy skillet. Pour about ¼ cup of the batter over the top. Cook over medium heat 2 minutes on each side or until pancakes are golden brown; turn to second side when pancakes have bubbly surfaces and edges are slightly dry. Repeat with remaining batter.

4. Serve warm topped with yogurt and coconut, if desired, and any remaining mango. Makes 8 to 10 4-inch pancakes.

Nutrition facts per pancake: 195 cal., 9 g total fat (2 g sat. fat), 30 mg chol., 241 mg sodium, 25 g carbo., 2 g fiber, and 5 g pro. Daily Values: 0% vit. A, 25% vit. C, 14% calcium, 6% iron.

Sausage-Pineapple Scrapple

This recipe can also be made in a 9x5x2-inch loaf pan.

Prep: 20 minutes
Stand: 30 minutes **Chill:** 4 hours
Cook: 16 minutes

- Nonstick cooking spray or cooking oil
- 4 oz. hot-and-spicy or regular pork sausage
- ½ cup finely chopped red or green sweet pepper
- 2½ cups water
- 1 cup yellow cornmeal
- 1 cup cold water
- ½ tsp. salt
- 2 Tbsp. cooking oil
- 1 recipe Pineapple Sauce

1. Coat an 8x4x2-inch loaf pan with cooking spray or grease bottom and sides lightly with a little cooking oil; set aside. Remove casings from sausage, if present. In a large skillet cook sausage and sweet pepper over medium heat until sausage is brown and pepper is tender, stirring frequently to break up meat. Drain on paper towels; set aside.

2. For scrapple, in a medium saucepan bring the 2½ cups water to boiling. Meanwhile, in a mixing bowl stir together cornmeal, the 1 cup cold water, and the salt. Slowly add the cornmeal mixture to the boiling water, stirring constantly. Cook and stir until the mixture returns to boiling. Reduce heat to low. Cook, uncovered, for 10 to 15 minutes or until the mixture is very thick, stirring almost constantly with a long-handled wooden spoon. Remove from heat.

3. Stir in sausage-pepper mixture. Spread the hot mixture evenly into prepared loaf pan. Cool about 30 minutes, then cover and chill at least 4 hours or overnight.

4. Loosen edges of chilled cornmeal loaf with a metal spatula; turn cornmeal loaf out onto a cutting board. Cut cornmeal loaf crosswise into ½-inch-thick slices. Wipe knife clean and moisten with cold water after each cut. (If desired, cut and cook as many slices as you want. Store remainder, wrapped in plastic wrap, in refrigerator up to 3 days.)

5. In a large skillet heat margarine or butter and cooking oil over medium heat. Cook slices 8 to 10 minutes on each side or until brown and crisp. Drain on paper towels. Serve with Pineapple Sauce. Makes 6 servings.

Pineapple Sauce: Coarsely chop enough peeled whole pineapple to make 2 cups. (Set aside remaining pineapple for another use.) In a medium saucepan combine chopped pineapple and 1 tablespoon sugar. Bring to boiling; reduce heat and boil gently, uncovered, 15 minutes or until most of the liquid has evaporated and mixture is slightly thickened. Remove from heat. Stir in ¼ cup finely chopped red sweet pepper and 1 tablespoon chopped fresh cilantro.

Nutrition facts per serving with about 2 tablespoons pineapple sauce: 225 cal., 10 g total fat (4 g sat. fat), 16 mg chol., 315 mg sodium, 28 g carbo., 3 g fiber, and 5 g pro. Daily Values: 0% vit. A, 64% vit. C, 1% calcium, 4% iron.

Soft-Cooked Eggs

Though not quite as tender as the 3-minute version, these eggs are a safe way to bring this breakfast staple to the table.

Start to finish: 10 minutes

- 4 eggs
- Cold water

1. Place eggs in shells in a single layer in a medium saucepan. Add enough cold water to cover 1 inch above the eggs. Bring to boiling over high heat. Reduce heat so water is just below simmering. Cover and cook for 4 to 6 minutes; drain.

2. Fill the saucepan with cold water and let stand just until the eggs are cool enough to handle. Cut off tops and serve in egg cups. Or, cut the eggs in half and use a spoon to scoop the eggs into serving dishes. Makes 4 soft-cooked eggs.

Nutrition facts per egg: 77 cal., 5 g total fat (2 g sat. fat), 213 mg chol., 62 mg sodium, 1 g carbo., 0 g fiber, and 6 g pro. Daily Values: 8% vit. A, 0% vit. C, 2% calcium, 4% iron

Chocolate Gravy

For more than a century, Southern grandmas have been delighting youngsters with this sauce ladled atop a plate of biscuits.

Start to finish: 10 minutes

- ¼ cup sugar
- 2 Tbsp. unsweetened cocoa powder
- 1 Tbsp. all-purpose flour
- 1 Tbsp. margarine or butter
- 1¼ cups milk

1. In a small bowl stir together sugar, cocoa powder, and flour. In a medium saucepan melt the

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breakfast

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margarine or butter. Stir in the cocoa mixture until thoroughly mixed and no lumps are visible. Gradually add milk to saucepan, stirring constantly.

2. Cook and stir over medium heat until mixture is thickened and bubbly; cook and stir 1 minute more. Serve over Sweet Biscuits. Makes 1¼ cups (ten 2-tablespoon servings).

Note: Leftover gravy can be covered and chilled for up to 2 days. To reheat ½ to ⅔ cup gravy, place in a microwave-safe bowl. Microcook on 100% power (high) for 1 to 2 minutes, or until heated through, stirring once. Or, place the gravy in a small saucepan. Heat through over medium-low heat, stirring constantly.

Nutrition facts per serving: 52 cal., 2 g total fat (0 g sat. fat), 1 mg chol., 28 mg sodium, 7 g carbo., 0 g fiber, and 1 g pro. Daily Values: 0% vit. A, 0% vit. C, 5% calcium, and 1% iron.



Chocolate Gravy with Sweet Biscuits

Sweet Biscuits

Don't overknead the dough; a dozen strokes or less will ensure the most tender biscuits.

Prep: 10 minutes **Bake:** 8 minutes

- 1 cup all-purpose flour
- 1½ tsp. baking powder
- 1 tsp. granulated sugar
- ¼ cup butter
- ⅓ cup milk
- ½ cup sifted powdered sugar
- 1 to 3 tsp. cherry or other fruit juice or milk
- ¼ cup chopped unsalted peanuts
- 1 recipe Chocolate Gravy

1. Preheat oven to 450° F. Stir together flour, baking powder, and granulated sugar. Cut in butter until mixture resembles coarse crumbs. Make a well in center. Add the ⅓ cup milk all at once; stir until moistened.

2. Turn dough out onto a lightly floured surface. Knead dough by gently folding and pressing dough 10 to 12 strokes or until nearly smooth. Pat or lightly roll dough to ¼-inch thickness. Cut dough with a floured donut cutter, dipping cutter into flour between cuts. (Or, cut dough with a floured 2½-inch square or rectangular cutter; then cut out center of each larger biscuit using a floured 1-inch round cutter.) Separate biscuit "rings" and holes. If desired, reroll holes to make an eighth biscuit.

3. Gently place biscuit "rings" and holes 1 inch apart on an ungreased baking sheet. Bake 8 minutes or until golden brown.

4. For glaze, in a bowl stir together powdered sugar and juice or milk to make of drizzling consistency.

5. Remove biscuit "rings" and holes from baking sheet. Allow to cool slightly. Brush with glaze; sprinkle with peanuts. Serve with Chocolate Gravy. Makes 7 to 8 biscuits.

Nutrition facts per biscuit with Chocolate Gravy: 226 cal., 11 g total fat (6 g sat. fat), 24 mg chol., 181 mg sodium, 27 g carbo., 0 g fiber, and 4 g pro. Daily Values: 0% vit. A, 1% vit. C, 7% calcium, 5% iron.

Grilled Muffins

Don't toss leftover muffins, turn them into something special with this breakfast trick borrowed from the Dream Cafe in Dallas, Texas.

Start to finish: 10 minutes

continued on page 214



If a relationship is to last, it has to stay fresh.













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Only the best from under the sun.®

continued from page 212

- 2 large or jumbo prepared fruit muffins
- 1 to 2 Tbsp. margarine or butter
- ¼ tsp. ground ginger or cinnamon
- ¼ cup marmalade, preserves, or jam

1. Set muffin on its base and slice in half vertically (downward).

2. In a very large skillet melt margarine over medium heat. Stir in ginger or cinnamon. Lay muffins, cut side down, in margarine mixture. Cook about 2 minutes or until golden brown. Transfer to serving platter. Serve with marmalade, preserves, or jam. Makes 4 servings.

Nutrition facts per serving: 169 cal., 8 g total fat (1 g sat. fat), 8 mg chol., 126 mg sodium, 22 g carbo., 1 g fiber, and 2 g pro. Daily Values: 0% vit. A, 1% vit. C, 2% calcium, and 2% iron.



Grilled Muffins

Conventional Method for Prizewinning Banana Easter Egg Rolls

If you don't have a bread machine, use this method to create the Prize Tested Recipes Contest-winning rolls on *page 247*.

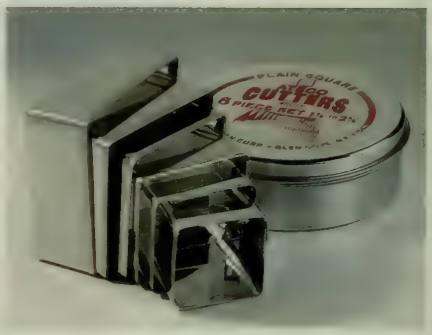
Prep: 25 minutes **Rise:** 1½ hours
Bake: 15 minutes

CUTTERS OFFER

Make Sweet Biscuits (recipe, *page 212*) with these sets of **Graduated Cutters**. The stainless-steel cutters from Ateco are dishwasher safe and nest in metal storage tins with covers. The set of **11 Fluted Circles** (*top right*) ranges in diameter from ¾ inch to 3¼ inches; the set of **6 Squares** (*bottom right*) ranges in size from 1⅜ to 2⅝ inches. One set costs $24.95; additional sets are $20.00 each. Prices include shipping, handling, and sales tax.

TO ORDER with your Visa, MasterCard, Discover, or American Express card, call 800/881-4066.





- 3 to 3½ cups all-purpose flour or bread flour
- 1 pkg. active dry yeast
- ½ cup water
- ¼ cup granulated sugar
- 3 Tbsp. butter, cut up
- 1 tsp. salt
- 1 egg
- ½ cup mashed banana (1 large)
- 2 tsp. butter, melted
- 1 Tbsp. cinnamon-sugar
- 1 recipe Icing

1. In a large mixing bowl stir together 1½ cups of the flour and the yeast. In a medium saucepan combine water, sugar, the 3 tablespoons butter, and the salt; heat and stir until warm (120 to 130° F) and butter almost melts. Add to flour mixture; add the egg and the banana. Beat with an electric mixer on medium to high speed for 30 seconds, scraping sides of bowl. Beat on high speed for 3 minutes. Stir in as much of the remaining flour as you can with a wooden spoon.

2. On a lightly floured surface knead in enough remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes). Place in a greased bowl, turning once to grease surface. Cover; let rise in a warm place until doubled in size (about 1 hour).

3. Punch dough down; cover and let rest 10 minutes. On a lightly floured surface roll dough about ½ inch thick. Cut and shape the dough into 3- to 3½-inch-long eggs (reroll dough as desired). Place on lightly greased baking sheet. Brush with the melted butter; sprinkle with cinnamon-sugar. To make your own cinnamon-sugar, in a small bowl or cup combine 1 tablespoon of granulated sugar and ¼ teaspoon of ground cinnamon.

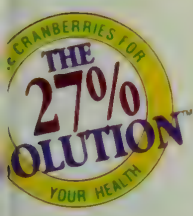
4. Cover and let rise in a warm place until nearly doubled (about 30 minutes).

5. Preheat oven to 350° F. Bake about 15 minutes or until golden brown. Cool on wire racks. Prepare Icing; drizzle onto rolls to resemble Easter eggs. Makes 8 to 12 rolls.

Icing: In a mixing bowl stir together 2 cups sifted powdered sugar, ¼ teaspoon vanilla, and enough milk (about 2 tablespoons) to make of piping or drizzling consistency. Divide icing and tint with food coloring, as desired.

continued on page 216

Your best prescription for healthy and great-tasting cranberry juice



Recent medical studies indicate cranberry juice products containing 27% cranberry juice provide important health benefits for maintaining a healthy urinary tract (additional studies are also examining how big a role cranberry juice could play in maintaining a healthy heart, stomach and gums). At Northland, we believe your cranberry juice blends should always contain at least 27% cranberry juice. More cranberries for your health, that is The 27% Solution™.

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ın Spray® Premium berry Grape	Only 13%
ın Spray •Grape®	Only 6%

on product analysis conducted nationally by endent laboratories (October, 2000).

Northland Cranberries, Inc

www.northlandcran.com

continued from page 214

An Omelet in 40 Seconds

All it takes is two eggs and two tablespoons of water.



Easy Omelets

These omelets, developed by the American Egg Board, cook in just 40 seconds. They work best in a nonstick pan.

Step 1

In a medium bowl whisk together 2 eggs and 2 tablespoons water. The whites and yolks should be blended completely together. (To make more omelets, use the same ratio and cook about ½ cup of the egg mixture per omelet.)



Step 2

In a 10-inch nonstick skillet melt butter or cooking oil over medium-high heat until just hot enough to sizzle when a drop of water is added. (Or coat with nonstick cooking spray.) Pour in egg mixture. (It should set immediately.)





Step 3

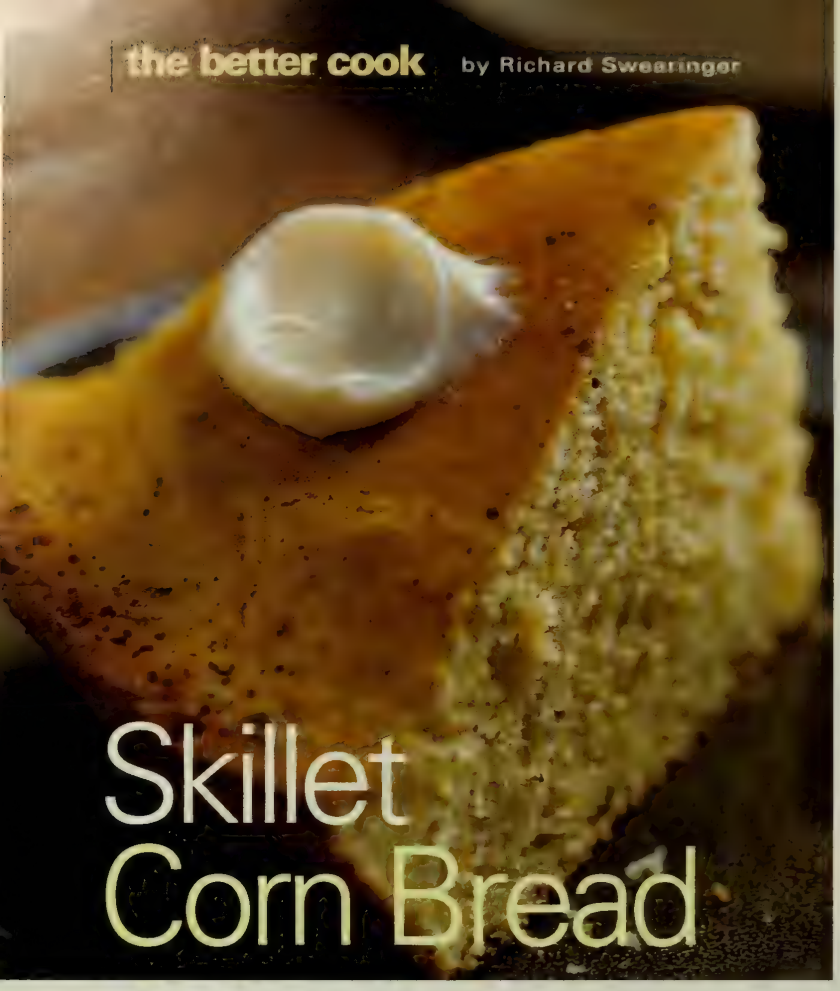
With an inverted pancake turner, carefully push cooked portions at edges toward center so the uncooked portions can reach hot pan surface, tilting pan and moving cooked portions as necessary.



Step 4

When top is thickened and no visible liquid egg remains, fill one half of omelet, if desired, with about ½ cup of filling. With pancake turner, fold omelet in half over filling. Invert onto plate with a quick flip of the wrist.


You chose the bread for
the irresistible cinnamon swirls.
Deciding what goes
on top is easy.
Margarines, spreads,
and all things artificial
need not apply.
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BUTTER
Don't you deserve the simple goodness
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Butter is Better.™



Skillet Corn Bread

You'll feel as brave and intrepid as a pioneer when you pull your first pan of skillet corn bread from the oven, and that spirit of resourcefulness is only part of what you'll gain...

You'll also learn to trust yourself when a recipe calls on you to use your judgment in deciding whether a step is completed. As you mix the batter, you'll be asked to leave some of the lumps in. To a less experienced cook, that sounds like it could be a problem. But a few lumps are a good sign. They let you know the batter is not overmixed (the usual culprit when corn bread turns out tough). As the batter bakes, the lumps will be absorbed.

A note: When we say a large skillet, we mean 10 inches in diameter measured across the top. You can use any skillet you like as long as the manufacturer says it is safe to put into the oven.

continued on page 221

CORN MEAL AND CORN BREAD VARIATIONS

In the grocery store you'll likely find a choice of two or possibly three colors of corn meal—yellow, white, and blue. All three taste about the same and bake the same. The only difference is the color of the finished product, so choose the color you prefer.

Once you've gotten a couple of skilletfuls under your belt, consider stirring in some different flavors. In general, don't add more than about ½ cup of any ingredient to your corn bread recipe. You should also avoid anything too drippy; it could make the corn bread cook unevenly.

To get you started, try these variations. Any of the following items can be folded gently into the batter:

- A 12-oz. can of whole kernel corn with sweet peppers, well drained
- 1 cup shredded cheddar or Monterey Jack cheese and one 4-oz. can of diced green chili peppers, well drained
- About ½ cup shredded cheddar cheese, ¼ cup finely shredded carrot, and ¼ cup finely shredded zucchini
- ¼ cup chopped cooked crisp bacon





What's IT LIKE to be ROLLING IN Dough?

Ask our Freschetta Culinary Council. Five award winning chefs from restaurants across the United States, who get together regularly to toss around new ideas on how to make the freshest, best tasting Freschetta pizza. To them, rolling in dough is their idea of a good time.



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In your grocer's freezer

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Some should.



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continued from page 218







Skillet Corn Bread

Prep: 15 minutes **Bake:** 20 minutes

- 1 Tbsp. butter
- 1 Tbsp. cooking oil
- 1 cup all-purpose flour
- 1 cup cornmeal
- 2 Tbsp. sugar
- 1 Tbsp. baking powder
- 1 tsp. cracked black pepper
- ½ tsp. salt
- 1 cup milk
- ¼ cup cooking oil or shortening, melted
- 2 eggs, slightly beaten
- ½ cup margarine or butter, softened (optional)
- 2 Tbsp. honey (optional)

1. Preheat oven to 425° F. Place 1 tablespoon each of butter and oil in a large ovenproof or cast-iron skillet. Preheat in oven for 5 minutes.

2. In a medium mixing bowl stir together the flour, cornmeal, sugar, baking powder, ½ teaspoon of the cracked black pepper, and salt. Make a well in the center of the dry mixture; set aside.

3. In another bowl blend together the milk, the ¼ cup cooking oil or melted shortening, and the eggs. Add egg mixture all at once to dry mixture. Stir just until moistened. (The batter will be slightly lumpy.)

4. Spoon batter into the prepared pan and spread with spoon. Sprinkle with remaining ½ teaspoon cracked black pepper. Bake 20 minutes or until a toothpick inserted near the center comes out clean.

5. Meanwhile, if desired, in a medium bowl beat the ½ cup softened butter for 30 seconds on medium speed with an electric mixer. Add honey; beat on high speed for 1 minute more or until fluffy. To serve, immediately place a dollop of honey butter in the center of the hot corn bread; pass remaining honey butter. Makes 8 servings.

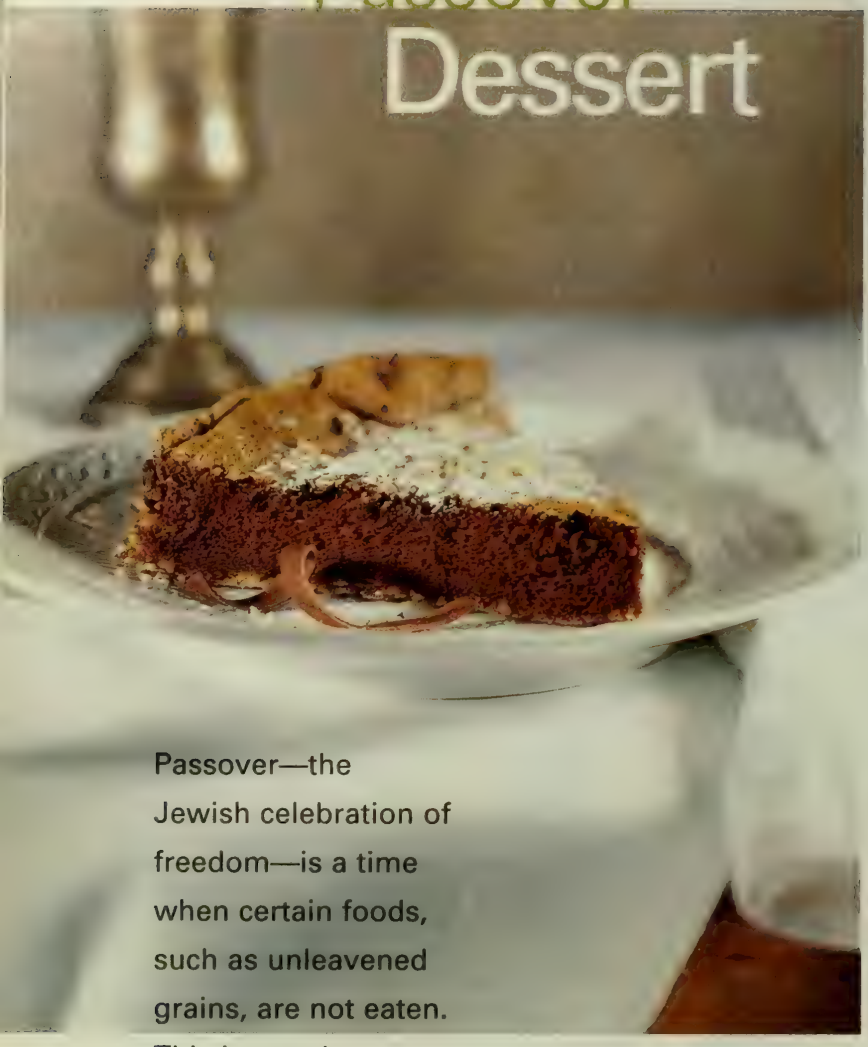
Nutrition facts per serving: 252 cal., 12 g total fat (3 g sat. fat), 60 mg chol., 340 mg sodium, 30 g carbo., 2 g dietary fiber, 6 g protein. Daily Values: 5% vit. A, 1% vit. C, 7% calcium, 9% iron.

1. Once the oven has been preheated to 425° F, put your pan in and set your timer. The butter-oil mixture will begin to burn if it's in much longer than the five minutes called for. (If it does burn, just wipe the pan out and add more butter and oil.)

2. When you mix the corn bread batter, get the ingredients moistened, but ignore lumps that are pea-sized or smaller; they'll meld into the batter as it bakes.

3. To test whether the corn bread is done, insert a wooden toothpick about a half-inch from the center. If no batter clings (a few tiny crumbs are OK), it's done.

Passover Dessert



Passover—the Jewish celebration of freedom—is a time when certain foods, such as unleavened grains, are not eaten. This intensely chocolaty torte manages to achieve its featherlight texture without rising to the occasion.

by David Feder

Chocolate Brazil Nut Torte
Prep: 25 minutes **Bake:** 20 minutes

- 1 Tbsp. margarine, softened
- ⅓ cup Brazil nuts, finely ground
- 4 egg yolks
- ½ cup granulated sugar
- 3 oz. bittersweet or semisweet chocolate, melted and cooled
- 1 tsp. instant espresso powder or 2 tsp. instant coffee crystals
- 2 Tbsp. hot water
- 4 egg whites
- Powdered sugar
- Chocolate curls (optional)

1. Preheat oven to 350° F. Generously spread margarine over the bottom and 1½ inches up the sides of a 9-inch springform pan. Reserve 1 or 2 tablespoons of the ground nuts. Set aside. Sprinkle remaining nuts evenly in pan.

2. In a medium mixing bowl beat the egg yolks with an electric mixer on high speed for 5 minutes or until thick and lemon-colored.

3. Gradually beat in ¼ cup of the granulated sugar until eggs are slightly thickened. At low speed, beat in the melted chocolate. Dissolve instant espresso or coffee crystals in the 2 tablespoons of hot water. Stir into chocolate mixture.

4. In a large mixing bowl, beat egg whites until soft peaks form. Gradually add the remaining ¼ cup granulated sugar; beat until stiff peaks form. Gently fold egg whites into yolk mixture. Spread evenly in springform pan.

5. Bake 20 to 25 minutes or until set. Cool on wire rack 15 minutes. (Center will dip on cooling and crust edges will be crumbly.)

6. Using a thin metal spatula, loosen torte from the sides of the pan. Remove sides of the pan; cool torte completely. Serve immediately or cover and chill for up to 24 hours. If chilled, allow torte to stand at room temperature for 15 minutes before serving.

7. To serve, cut torte into wedges and place on dessert plates. Sift powdered sugar and sprinkle reserved ground nuts over each serving. Garnish with chocolate curls. Makes 10 servings.

Nutrition facts per serving: 151 cal., 9 g total fat (3 g sat. fat), 85 mg chol., 39 mg sodium, 16 g carbo., 1 g fiber, and 4 g pro. Daily Values: 14% vit. A, 0% vit. C, 1% calcium, and 4% iron.

Indulge in the chocolate cookie that's more chocolate than cookie.



Prep: 15 minutes

Baker's® One Bowl Death By Chocolate Cookie

Bake: 12 minutes

2 pkg. (16 squares) BAKER'S Semi-Sweet Baking Chocolate, divided
¾ cup firmly packed brown sugar
¼ cup butter or margarine
2 eggs
1 tsp. vanilla
½ cup flour
¼ tsp. CALUMET® Baking Powder
2 cups chopped nuts (optional)

·**HEAT** oven to 350°F. Coarsely chop 8 squares (1 pkg.) of the chocolate; set aside. ·**MICROWAVE** remaining 8 squares chocolate in large microwavable bowl on HIGH 1–2 minutes. Stir until chocolate is melted and smooth. Stir in sugar, butter, eggs and vanilla. Stir in flour and baking powder. Stir in reserved chopped chocolate and nuts. Drop by ¼ cupfuls onto ungreased cookie sheet. ·**BAKE** 12 to 13 minutes or until cookies are puffed and feel set to the touch. Cool on cookie sheet 1 minute. Transfer to wire rack to cool completely. Makes about 1½ dozen cookies.



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Buying information

continued from page 42

location call 800/222-7820; www.subzero.com. **Microwave oven**—GE Appliances, GE Answer Center; 800/626-2000. **Dishwasher,** "Superba"—KitchenAid; 800/422-1230; www.kitchenaid.com. **Operable transom window**—Marvin Windows & Doors; 888/537-8268.

Fabulous Facelifts

Pages 72-78: furniture—personal items.

Four-in-One Home Office

Pages 81-82: cabinets and built-in furniture—custom-designed by Dave Hale, Architect, 374 Brannan St., San Francisco, CA 94107; 415/882-7252. **Photo on desk easel**—by artist Michael Kenna, represented by The Wirtz Gallery, 49 Geary St., 3rd Floor, San Francisco, CA 94108; 415/433-6879. **All other items**—personal belongings.

Decorating Shop™

Page 84: Four Seasons Sampler Kits—Banar Designs, 431 S. Main, Fallbrook, CA 92028. **Paint Techniques Tool Set**—Plaid Enterprises, 3225 Westech Dr., Norcross, GA 30092-3500.

Garden Shop™

Page 114: Zinnia Seed Packet—Select Seeds, 180 Stickney Rd., Union, CT 06076. **GardenKeeper**—Gardener's Supply Co., 128 Intervale Rd., Burlington, VT 05401.

Gardener's Almanac

Pages 116-126: variegated iris—Wayside Gardens, 1 Garden Lane, Hodges, SC 29695; 800/845-1124; free catalog. **Gold barberry**—Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401; 541/686-8266; catalog $3. Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4. **Negrita tulips**—Brent and Becky's Bulbs, 7463 Heath Trail, Gloucester, VA 23061; 877/661-2852; free catalog. **Chameleon euphorbia**—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.40. Andre Viette Nursery, Route 1, Box 16, Fishersville, VA 22939; 540/943-2315; catalog $5. **Sedum**—Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013; no phone orders; catalog $3. Forestfarm (address above). **Creeping Jenny**—Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC 27516; 919/967-0078; catalog $3. **Summergold St. John's wort**—Greer Gardens (address above). Forestfarm (address above). **Lady's mantle**—Bluestone Perennials, 7211 Middle Ridge Rd., Madison, OH 44057; 800/852-5243; free catalog.

Long-Blooming Perennials

Pages 145-156: perennials—Carroll Gardens, 444 E. Main St., Westminster, MD 21157; 800/638-6334; catalog $3; lists all nine perennials. Busse Gardens, 17160-245th Ave., Big Lake, MN 55309; 800/544-3192; catalog $3; lists all but Wonder of Staffa aster.

Zero-Effort Zinnias

Pages 159-164: seeds—Seed Savers Exchange, 3076 N. Winn Rd., Decorah, IA 52101; 319/382-5990; free catalog. Thompson & Morgan, P.O. Box 1308, Jackson, NJ 08527; 800/274-7333; free catalog. Burpee, 300 Park Ave., Warminster, PA 18991; 800/888-1447; free catalog.

Let's Play House

Pages 168-169 (*right*): floral fabric on chairs, similar fabrics available—Ralph Lauren Store; for more information call Debra Martinson at 612/338-7000. **(*Bottom*): pillow fabric,** similar fabrics

continued on page 280

It's Spring Cleaning Time!

Brought to you by Mama Libman

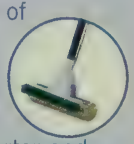
Mama can't promise to make all your household chores fun, but she can make them easier with the full line of Mama Libman cleaning products. Whether it's mops, brooms, brushes, or scrubbers, Mama's got the tools you need to get the job done right.



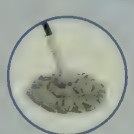
Mama Libman

Before you start, here are a few tips to help you make spring cleaning a breeze:

To clean your shower without getting your hands wet, use the ***Libman Nitty Gritty® Roller Mop***. Dip mop into a solution of 1/2 cup of vinegar, 1 cup of household ammonia, 1/4 cup of baking soda, and 1 gallon of warm water. After cleaning, rinse with warm water.



To remove yellow water marks, use a paste of cream of tarter and 3% hydrogen peroxide. Scrub with the brush side of the ***Libman Nitty Gritty Roller Mop®***.



A ***Libman Tornado Mop™*** with some Murphy's Oil Soap makes quick work out of cleaning the wooden blades on ceiling fans. There's no mess, no drips, and easy clean up.



Wood floors require nearly dry mopping. To prevent water damage, only slightly dampen the ***Libman Wonder Mop®*** with a spray bottle of water and 1/2 cup of white vinegar.

To care for your ceramic floors, vacuum regularly, and occasionally dampen with the ***Libman Gator Mop®*** and plain water. For heavier soil, use a mild detergent solution, rinse well and wipe dry.



To clean outside windows, mix 2 cups dishwasher detergent to 5 gallons of water. Dip the ***Libman Gator Mop®*** in the solution, wash, rinse, then hose off. The windows will air dry with no streaks.

To help collect more dust and pet hair, spray liquid fabric softener and warm water on the ***Libman Precision Angle Broom®*** before sweeping.



Visit our Website at www.mamalibman.com for more helpful tips and hints on getting your home in shape for spring.

by Ken Haedrich



salad DAYS

Kids and salad are thought to be like oil and vinegar: They don't mix too well without a little coaxing. But it doesn't have to be that way. Just as a dab of mustard can turn oil and vinegar into a smooth vinaigrette, the right ingredients—and an open-minded approach—can turn even the most salad-suspicious kids into ardent greens activists.

First order of business? Make salad days a family affair—the ideas here will get you started. Involvement is the bridge to good salad relations. Recruit all hands to wash lettuce, peel carrots, and slice radishes or tomatoes (as appropriate for kids' ages).

Ask your kids what turns them on—lots of color, halved grapes, raisins, and cheese attract the younger crowd. And what turns them off, like a heavy hand with onions, peppers, and too-sharp dressings. (Our Creamy Orange Dressing, *right*, is smooth and mellow.) Then, don't be surprised when the salad comes to the table decked in kid-pleasing style and really bowls 'em over.

continued on page 228



Goes-With-Any-Salad Creamy Orange Dressing

Go ahead. Pick any combination o greens and vegetables you like. Tho oughly wash and dry them (see *pag 228*). Then, heap the whole sheban into a big bowl and get tossing. Don forget to drizzle this yummy dressing.

In a medium bowl or screw-top ja combine ½ cup plain yogurt, ¼ cu buttermilk, 1 tablespoon frozen thawe orange juice concentrate, 1 tablespoo finely chopped red or green onion 1 tablespoon snipped fresh parsle 1 teaspoon sugar, ⅛ teaspoon salt, an a pinch of ground cinnamon. Using whisk, stir until mixture is combined (Or, cover jar and shake well.) Cove refrigerate dressing until serving time Makes about ¾ cup.



REAT THEM TO SPRINGTIME



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CRISPY MARSHMALLOW EGGS

(Makes 1 1/2 dozen)

- 3 tablespoons margarine or butter
- 1 (10-ounce) package JET-PUFFED Marshmallows OR 1 (10 1/2-ounce) package JET-PUFFED Miniature Marshmallows
- 6 cups toasted rice cereal
- Food coloring, optional

: margarine or butter in large saucepan over low heat. Add marshmallows; stir until melted and mixture nooth. Remove from heat. For colored eggs, add food coloring to desired shade.
cereal; mix lightly until well coated.
po immediately into 18 eggs. Cool completely.
owave: Heat margarine or butter in large microwavable bowl at HIGH (100% power) for 45 seconds or melted. Add marshmallows; toss to coat. Microwave 1 1/2 minutes or until melted and mixture is smooth. inue as above.

MARSHMALLOW BUNNY

(Makes 2 bunnies)

- 5 JET-PUFFED Marshmallows
- 1 (8-inch) piece shoestring licorice, ribbon or string
- 10 JET-PUFFED Miniature Marshmallows
- 2 tablespoons canned white frosting
- Assorted candies, for decorating

t 2 large marshmallows, securing with some frosting, for each bunny. Tie licorice, ribbon or string id middle of each marshmallow to separate 'head' and 'body' sections of bunny.
remaining large marshmallow into quarters lengthwise; using frosting attach 2 quarters for 'ears' to bunny head.
ach 4 miniature marshmallows for bunny 'paws' and 1 for cottontail to each bunny with remaining ing. Use assorted candies to make faces. Let dry.

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Recipe Book & Plate Offer



Follow these simple steps!

1. Collect (2) proofs-of-purchase (original UPC symbols) from any JET-PUFFED Marshmallows product.
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3. Fill out the form below and mail in with $2.75 for each plate & recipe book ordered.

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continued from page 226

Arugula—Rocket is another name for these small, slender leaves. Even a little bit adds a pungent, peppery flavor boost.

Iceberg—These leaves are faithfully crisp and store well. Long prized for its texture and mild watery flavor.

Red and Green Leaf Lettuce—A salad workhorse, these sprawling, curly leaves have a sweet, delicate flavor.



Curly Endive—Frilly and literally mouth-tickling, these narrow leaves have a pleasantly bitter tang.

Spinach—Both regular and baby spinach have slightly crinkled or smooth-textured leaves with an earthy flavor.

Boston Lettuce—Boston and its Bibb Lettuce cousin have a a sweet, buttery flavor.

WINNING WITH SALAD GREENS

Teach your kids that a great salad starts in the market. Have them help select the greens, showing them what qualities to look for. Once home, even young children can fill a bowl with cold water, dunk the leaves, and place them in a colander to drain. Help your kids spread the washed greens in a single layer on heavy paper towels and gently blot to dry.



According to our little salad makers, tearing the greens is "the very best part!" Why tear rather than cut? The leaves are less likely to bruise and brown. It also helps the leaves absorb the dressing.





You enjoy sharing your lasagna with the Little League. You do *not* enjoy trying to get the dish back. That's why there's new Reynolds® Pot Lux™ Disposable Cookware. They're handsome and sturdy, so you'll be proud to give them. They come in different sizes and go anywhere, from freezer to oven.

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Olives

Curious about those crocks of olives popping up in markets and specialty shops? Here's help. Dig in.



Alphonso: Huge, deep-purple olive from Chile. Brine-cured, then cured in red wine. It has a soft, meaty flesh and sour taste with a slight bitterness.



Niçoise: A small, dark, brownish-purple olive from Southern France. Brine-cured. Its soft flesh is juicy, not oily, and fruity—almost sweet.



La Catalan: A brine-cured olive from Spain marinated with curry, celery, and pepper. It has crisp, dense flesh and an assertive curry flavor.



Sicilian Green: A large, brownish-green olive. Brine-cured. Its meaty flesh has an assertive, sour taste.



Moroccan Dry- or Salt-Cured: A medium-size, glistening, jet-black olive from North Africa. It has moist, meaty flesh with a salty, smoky flavor.



Gaeta: Small, greenish-brown, wrinkled olive from Italy. Salt- or brine-cured. It has soft tender flesh that is very salty and slightly sour.



Queen or Sevillano: Large, mild, medium-green olive. Mainstay of Spain and California. Brine-cured. Often stuffed with pimiento.



Italian Dry- or Salt-Cured: Jet-black, wrinkled olive. Moist, tender flesh has a woodsy, almost smoky flavor with a hint of cinnamon.



Cerignola: Enormous, blue-green or jet-black olive from Southern Italy. Brine-cured. Its firm flesh has a mild, sweet flavor. Difficult to pit.



Kalamata: Greenish-black-purple, medium-size olive from Greece. Brine-cured. Has a pungent, intense, lingering flavor.


TO CAUSE
EUPHORIA
in shrimp lovers. Take one delicious bite after another. Repeat often.
Marinated Shrimp from Van de Kamp's is
sing quite a stir. People can't seem to resist it.
obably because it's so good in so many recipes.
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when you've gotta have shrimp, which is
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Van de Kamp's. The shrimp you can't resist.

This great big burger is a mushroom-lover's fantasy. Not only are mushrooms heaped on top as a tasty tease, they're packed into the juicy patty too.

by Bev Bennett

The Big Burger Surprise



Savory Mushroom Burgers
Prep: 10 minutes
Cook: 14 minutes (bulgur mixture), 4 minutes (sautéed mushrooms)
Grill: 14 minutes

- 7 oz. wild (chanterelle, porcini, shiitake) or button mushrooms
- 2 cloves garlic, minced
- ¾ cup chicken broth
- 3 Tbsp. bulgur
- 12 oz. lean ground turkey breast
- 2 Tbsp. thinly sliced green onion
- 2 tsp. Worcestershire sauce
- ¼ tsp. pepper
- 4 hamburger buns or Kaiser rolls, split and toasted
- Grilled red onion slices (optional)
- Dijon-style mustard (optional)

1. Remove stems and finely chop half of the mushrooms (1 cup); slice remainder and set aside. In a small saucepan cook the finely chopped mushrooms and garlic in ½ cup of the chicken broth for 4 to 5 minutes or until tender. Stir in bulgur. Return to a boil. Reduce heat to low. Cover and simmer for 10 minutes or until liquid is absorbed and bulgur is tender.

2. Remove from heat; cool slightly. In a large mixing bowl combine turkey, green onion, Worcestershire sauce, and pepper. Add bulgur mixture; mix until combined. Shape into four ¾-inch-thick patties.

3. Lightly coat a cool rack of grill with nonstick cooking spray. Place patties on rack of uncovered grill directly over medium coals. Grill f 14 to 18 minutes or until burgers a firm and no pink remains, turni once halfway through cooking.

4. Meanwhile, in small saucep cook the sliced mushrooms remaining broth, covered, until te der, about 4 to 5 minutes.

5. To serve, spread mustard bottom halves of rolls or buns, desired. Place patties and some the sliced mushrooms on top. Mak 4 burgers.

Nutrition facts per serving: 2 cal., 10 g total fat (2 g sat. fat), 67 m chol., 520 mg sodium, 30 g carb 3 g fiber, and 21 g pro. Daily Valu 0% vit. A, 2% vit. C, 9% calciu and 17% iron.


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Sweet Celebration Cakes

Start with a purchased or homemade frosted cake—
it can be a plain layer cake or a cheesecake—and add just a few frills.
You'll be surprised how easy it is to make a dazzling impression.

by David Feder



Go Dotty: Pretty-in-pink candy wafers add a fun flash of color. Press them gently into the frosting to make a random pattern, or lay them out in a decorative grid. Not crazy about pink? Use the colors that suit your fancy.



Berry Nice: Drizzle the cake top with a thin layer of your favorite raspberry or strawberry ice-cream topping. Then pile on a casual heap of fresh raspberries or strawberries, and accent with a mint leaf or two.



Petal Power: A fragrant pile of purchased edible flower petals, such as rose or marigold, instantly brings a plain cake to the height of refinement. Use gently washed (and dried) purchased edible flowers or organically grown flowers.



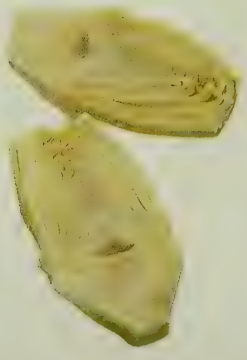
Sweet Hearts: Place a stencil on top of your cake. Shake colored sugar on top. Carefully lift off the stencil. Repeat with a second color, if desired. (Make your own stencils by cutting hearts or other shapes from parchment paper.)


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All 'Choked Up

by Jeanne Ambrose





Also known as a cocktail artichoke, a baby artichoke weighs about 2 to 3 ounces. The babies grow on the shady, lower side of the same plant from which large artichokes are plucked.

Shades-of-Green Pasta

Prep: 45 minutes **Cook:** 10 minutes

- 12 baby artichokes or one 9-oz. pkg. frozen artichoke hearts, thawed and quartered
- 4 oz. dried spinach fettuccine or plain fettuccine
- 3 medium leeks, sliced (1 cup)
- 2 cloves garlic, minced
- 2 Tbsp. olive oil
- 1 cup shelled peas (about ¾ pound in the pod) or frozen peas
- ¾ cup chicken broth or vegetable broth
- ½ cup coarsely snipped fresh Italian parsley
- 2 Tbsp. coarsely snipped fresh mint
- Thin slices of Parmesan cheese*

If using baby artichokes, remove outer leaves until you reach the leaves that are pale green or yellow on the bottom half. Cut darker green portion of leaves off top half of artichoke, and discard. Cut off stem and trim any remaining green from base of artichoke (see photo, *below left*). Quarter artichokes. Remove purple or pink leaves, if any, from inside.

Meanwhile, cook the fettuccine according to package directions or until tender but still firm. Drain; keep warm.

In a large skillet cook and stir quartered artichokes or artichoke hearts with leeks and garlic in hot oil over medium-high heat for 5 minutes. Add peas and broth. Bring to boiling; reduce heat. Simmer, uncovered, about 5 minutes or until artichokes are tender.

Add artichoke mixture, parsley, and mint to fettuccine; toss gently to mix. Top with Parmesan cheese. Makes 4 main-dish servings.

*Use a vegetable peeler to create thin slices of Parmesan cheese.

Nutrition facts per serving: 303 cal., 10 g total fat (1 g sat. fat), 5 mg chol., 332 mg sodium, 44 g carbo., 9 g fiber, 13 g pro. Daily Values: 10% vit. A, 48% vit. C, 14% calcium, 30% iron.

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Upstage the Bunny

After Layer Lemon Pie

20 minutes

cup strawberry jam

pared graham cracker crust (9 in.)

PHILADELPHIA® Cream Cheese, softened

p. sugar

s (8 oz. each) COOL WHIP Whipped

ng, thawed, divided

2 cups cold milk

g. (4-serving size each) JELL-O® Lemon

r Instant Pudding

SPREAD jam on bottom of crust. Mix cream cheese and sugar in bowl with wire whisk until smooth. Gently stir 1/2 tub of whipped topping into cream cheese mixture. Spread over jam.

POUR milk into large bowl. Add pudding mixes; beat with wire whisk 1 minute or until blended. Gently stir in remaining 1/2 tub whipped topping. Spread over cream cheese layer.

REFRIGERATE 4 hours or until set. Garnish with whipped topping.

Makes 8 servings.

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HOLIDAY BRUNCH CASSEROLE
1 package Jimmy Dean Sausage (cooked, drained and crumbled)
4 1/2 cups cubed day old bread
2 cups shredded sharp cheddar cheese
10 eggs, slightly beaten
4 cups whole milk
1 tsp. dry mustard
1 tsp. salt
1/4 tsp. onion powder
Fresh ground pepper to taste
1/2 cup sliced mushrooms (optional)
1/2 cup peeled, chopped tomatoes (optional)
Place bread in well-buttered 9x13" baking dish. Sprinkle with cheese. Combine the next six ingredients. Pour evenly over the bread and cheese. Sprinkle sausage and optional ingredients over the top. Cover and chill overnight. Preheat oven to 325°. Bake uncovered for about one hour. Tent with foil if top begins to brown too quickly. Serve

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Golden Macaroons

Pssst. Want to know two sweet secrets to making the best coconutty treats in town? Here they are: Use two kinds of coconut and a hint of honey.

Macaroons are difficult to categorize because they're not quite a cookie, and not quite a candy. They're equally difficult to resist. Methods of making them vary widely, but we've toyed with them enough to know what it takes to concoct an incredibly luscious confection.

Mixing two kinds of coconut—a regular flaked, sweetened coconut from the grocery and an unsweetened, finely shredded kind from the health food store—yields a macaroon with pleasing texture and a well-rounded flavor that's not overly sweet. A touch of honey promotes a golden brown crust of toasted coconut, deepening the flavor. For an even more incredible taste sensation, add chocolate (see *page 239*).

Golden Macaroons

Prep/Chill: 35 minutes **Bake:** 17 minutes

2½ cups flaked sweetened coconut (about 7 oz.)
2 cups unsweetened finely shredded coconut
1 cup sugar
3 Tbsp. all-purpose flour
¼ tsp. salt
4 egg whites
1 Tbsp. honey
1 tsp. vanilla

1. In a large bowl combine flaked and shredded coconut ntil evenly mixed. (Flaked coconut should be broken into eparate flakes with only a few very small clumps present.)

2. In a medium mixing bowl combine sugar, flour, and alt. Add egg whites, honey, and vanilla. Whisk rapidly ntil smooth. Pour sugar and egg white mixture over oconut mixture. Stir with a wooden spoon, then use ands and continue to blend until evenly mixed. Cover ith plastic wrap; chill for 30 minutes.

3. Preheat oven to 300° F. Line a large cookie sheet with aking parchment. Drop rounded tablespoons of maca- oon batter onto the cookie sheet about 2 inches apart. Gently pinch mounds into shaggy pyramids. Bake 17 to 19 minutes or until golden brown. Remove from oven. Transfer macaroons immediately to a cooling rack. Makes about 2 dozen macaroons.

Nutrition facts per serving: 99 cal., 5 g total fat (4 g sat. fat), 0 mg chol., 36 mg sodium, 14 g carbo., 1 g fiber, 1 g pro. Daily Values: 0% vit. A, 0% vit. C, 0% calcium, 2% iron.

COCONUT LOVES CHOCOLATE

Chocolate Macaroon Sandwiches: Loosely pack a tablespoon with macaroon dough. Transfer to parchment-lined sheet; press gently to form flattened mounds. Bake in a 300° F oven for 20 to 22 minutes. Cool. In a small saucepan, heat ¾ cup heavy cream to near boiling; remove from heat. Add 6 ounces chopped semisweet chocolate. Let stand five minutes, then whisk until smooth. Cool completely. Make a sandwich by spooning a mound of chocolate onto bottom of one macaroon. Top with second macaroon, pressing sandwich together gently.







the clever cook™

In this column you'll find a number of tips from other good cooks. The box (*right bottom*) tells how you can earn money for sharing your tips.

Leave a recipe legacy

When I left home as a young woman, I took my mother's cookbook with me. I treasure it all the more since my mother passed away. One of my regrets is that of those many recipes, I don't know which she tried, liked, or didn't care for. Now, whenever I use my cookbooks, beside the recipe I jot my name, the date, and a brief comment on how the dish turned out. When my children or grandchildren use my cookbooks, they'll know which ones were my favorites.

Mrs. Susan Anderson
Opelika, Ala.

Thicken watery soup

As a quick, easy, and tasty way to thicken watery soup at the last minute, try using instant mashed potatoes. Add slowly—about a tablespoon at a time—because the soup will thicken fast.

Teresa Jacobs
Traverse City, Mich.

Give guests something to talk about

When I have folks over, each guest is given a place card printed with the name of another guest. Below each name I write the person's hobby or some other tidbit about that person. It's an instant conversation starter as the guests meet and try to match the place card to the real person.

June Behrakis
Lowell, Mass.

Quick kiwi peeling

My family and I all love kiwifruit, but peeling them into pretty slices was a messy, time-consuming job. Here's an easy way: Cut off both ends, pieces and slide a teaspoon between the fruit and the skin. Gently push the spoon all the way around the fruit, and it will be ready to slice.

Kathy Schrecengost
Oswego, NY

Food for a second-baby shower

When giving a shower for a mother-to-be who is on baby number two, consider having an all-food event a week or so before or after the baby is born. Invite guests to bring a variety of prepared foodstuffs, including meals for the freezer, such as chicken enchiladas; easy entrées such as homemade bean soup mix and homemade breads.

Robin Tucker
Los Angeles, Calif.

Pudding in a bag

During a visit to our eldest son, I wanted to make instant pudding. Uh-oh! He had no beater or mixer, so I decided to dump the pudding and milk into a heavy, self-sealing plastic bag. I sealed the top and kneaded the bag for 2 minutes, then let it stand for 2 to 3 minutes. It worked beautifully. I cut the corner of the bag and squeezed the contents into the dessert dishes.

Dorothy Dauner-Olson
Ada, Minn.

BE A CLEVER COOK

The food editors of *Better Homes and Gardens*® magazine invite you to send us your niftiest kitchen tips. We're looking for original ideas that make cooking easier, healthier, or more rewarding for you and your family. We will pay $25 for each published tip.

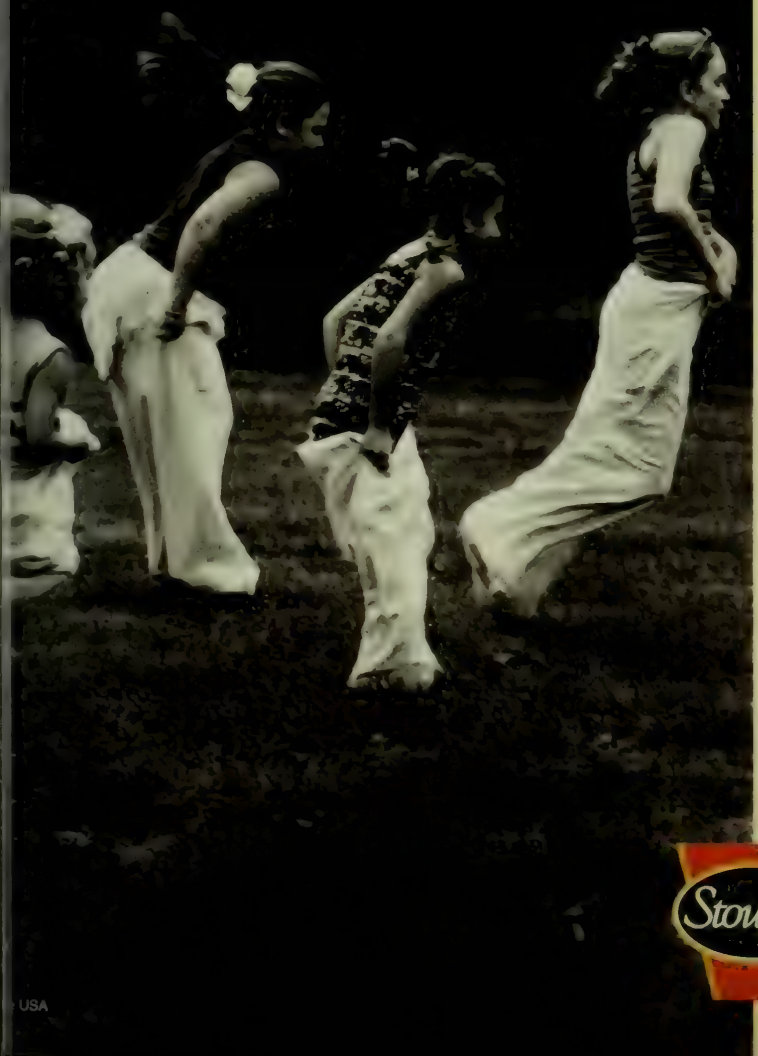
Please send your tips to: The Clever Cook, *BH&G* Foods Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*® magazine.

Dinner's ready

New Stouffer's Pot Pie

Enjoy





Maybe it's the flaky top and

bottom crust. Or the tender chunks

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USA



New for the Pantry:

Preserved Lemons

by
David Feder

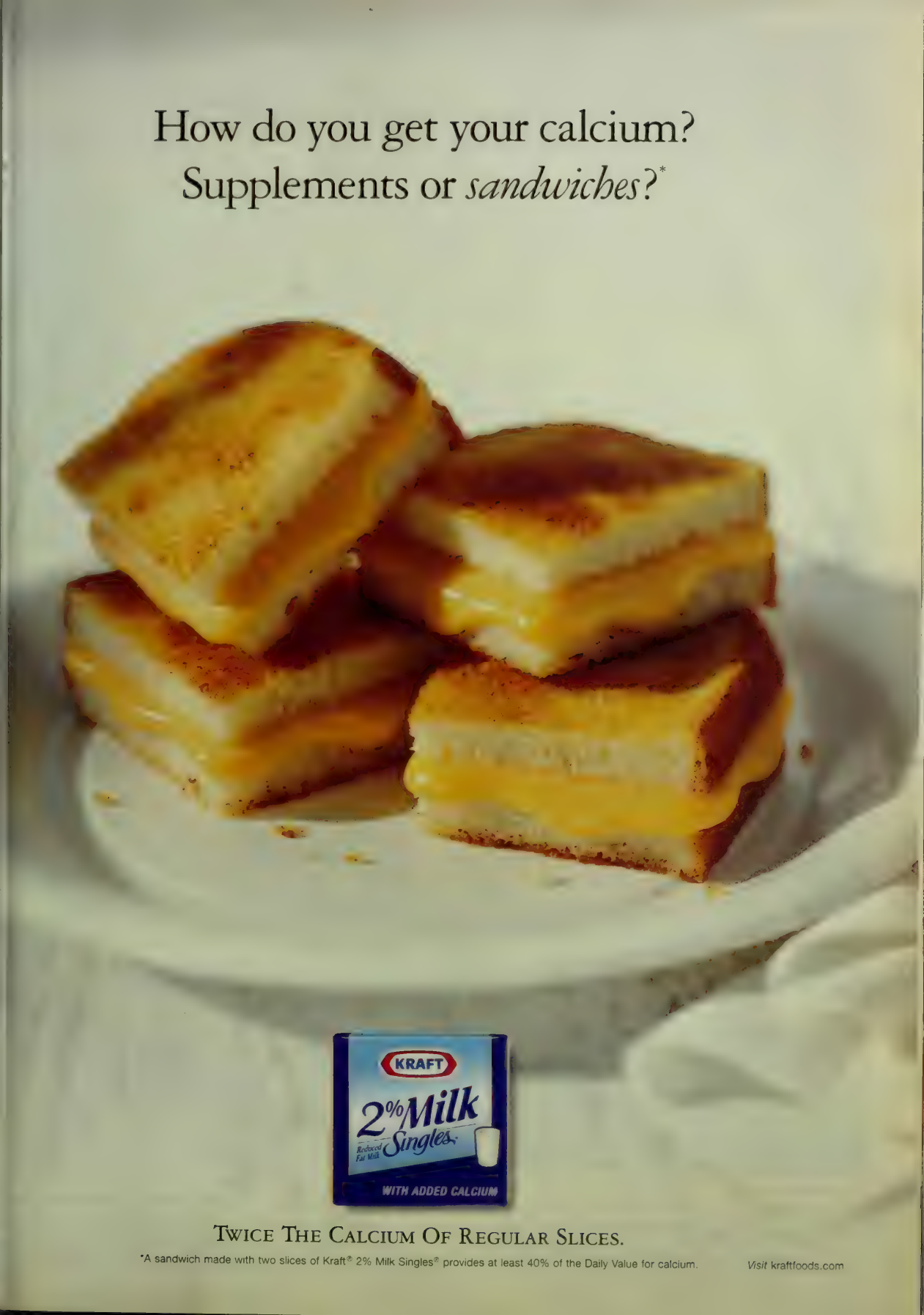
These showy lemons won't stay bottled up for long after you sample the citrus boost they provide to your favorite dishes.

When preserved in a salty brine solution—sometimes flavored with spices—whole lemons take on a sweet, but still tangy citrus taste. Use sparingly, however, because a little lemon goes a long way.

- Stir a tablespoon of chopped preserved lemon into a slow-simmering chicken stew. Or, add several preserved lemon halves to poaching liquid for fish.
- Add slices of preserved lemon to braised lamb shanks. Or, drop a quartered, preserved lemon into the pan as you make your favorite couscous.
- Toss a couple of teaspoons of finely minced preserved lemon in green salads. Or, stir a tablespoon of finely minced preserved lemon into chicken salad.
- Mince preserved lemon rind and toss gently with cooked penne pasta, pieces of crisp-tender steamed asparagus, and basil pesto. Top with a mixture of finely minced preserved lemon and shredded Parmesan cheese.
- Toss several julienne strips of the citrus into stir-fried green vegetables or skillet-fried potatoes.
- Simmer chopped tomatoes with preserved lemon and cloves to make a chutney for roasted pork.
- Before roasting, stuff a whole chicken with a few preserved lemons. Then, top the finished chicken with a simmered mixture of finely minced preserved lemon, chopped sweet onion, and a little crushed black or dried red pepper.

You can find preserved lemons in specialty food markets or order them from the following sources: Bella Cucina Foods, 800/580-5674; or e-mail bella.artfulfood@mindspring.com. Or Melissa's World Variety Produce, 800/588-0151; www.melissas.com.

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Win Money and Prizes Prize Tested Recipes® (see page 247)

Your original recipe could be worth up to $400 and net you a kitchen full of new appliances. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

One Annual Grand Prize: GE Profile Appliances (refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

Monthly Prizes: Two $400 winners, Two $200 winners, Ten $50 honor rolls

November 2001 Categories: Holiday Breakfasts: We're seeking simple-to-serve main dishes such as stratas, scrambles, and casseroles. Make-ahead ideas are most welcome, as are very quick ideas. **Surefire Potluck Dishes:** We want your recipe for the dish that you proudly tote to potlucks. We're interested in your interpretations of old favorites and new ideas; whether it's a chilled beet salad, vegetarian casserole, hearty main dish such as shrimp enchiladas, or a bread pudding fit for a crowd.

This Month's Winners - Pages 247 and 248

$400 Winners: Roxanne E. Chan, Albany, Calif.; Vi Pierce, Moreno Valley, Calif. $200 Winners: Karen and Joe Pietrantonio, Fogelsville, Pa.; Maureen Scully, Grand Rapids, Mich. $50 Honor Roll Winners: Katherine Rolph Ebner, Ocean View, Del.; Roxane Gibbons, Vero Beach, Fla.; Kathie Gill, St. Joseph, Mich.; Michele Graves, Eagle Mountain, Utah; Phyllis Larsen, San Francisco, Calif.; Dawnita Miller, Hutchinson, Kan.; Ilona Schwab, Wilmette, Ill.; Debbie Williams, Moberly, Mo.; Anne Wiseman, Lowden, Wash.; Rhona Wolf, Chambersburg, Pa.

Contest Rules: NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Holiday Breakfasts" or "Surefire Potluck Dishes." Specify brands and recipe origin. 3. Send recipes by postal mail to 0111 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to: ptr@mdp.com. 4. Entries must be postmarked by April 23, 2001, and received by April 30, 2001. E-mail entries must be posted by midnight, EDT, April 23, 2001. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. The annual grand prize winner will be selected from the year 2001's top winners on or about October 1, 2001, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of GE Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*® editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send a self-addressed stamped envelope to above address to receive winners' list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for entries they are unable to process due to phone, network, electronic, or computer hardware or software failures, or technical failures of any kind. Subject to all U.S. federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners.

Nutrition Information How to make it work for you



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

How we analyze

We omit optional ingredients from the analysis. The analysis is calculated using 2 percent reduced-fat milk.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

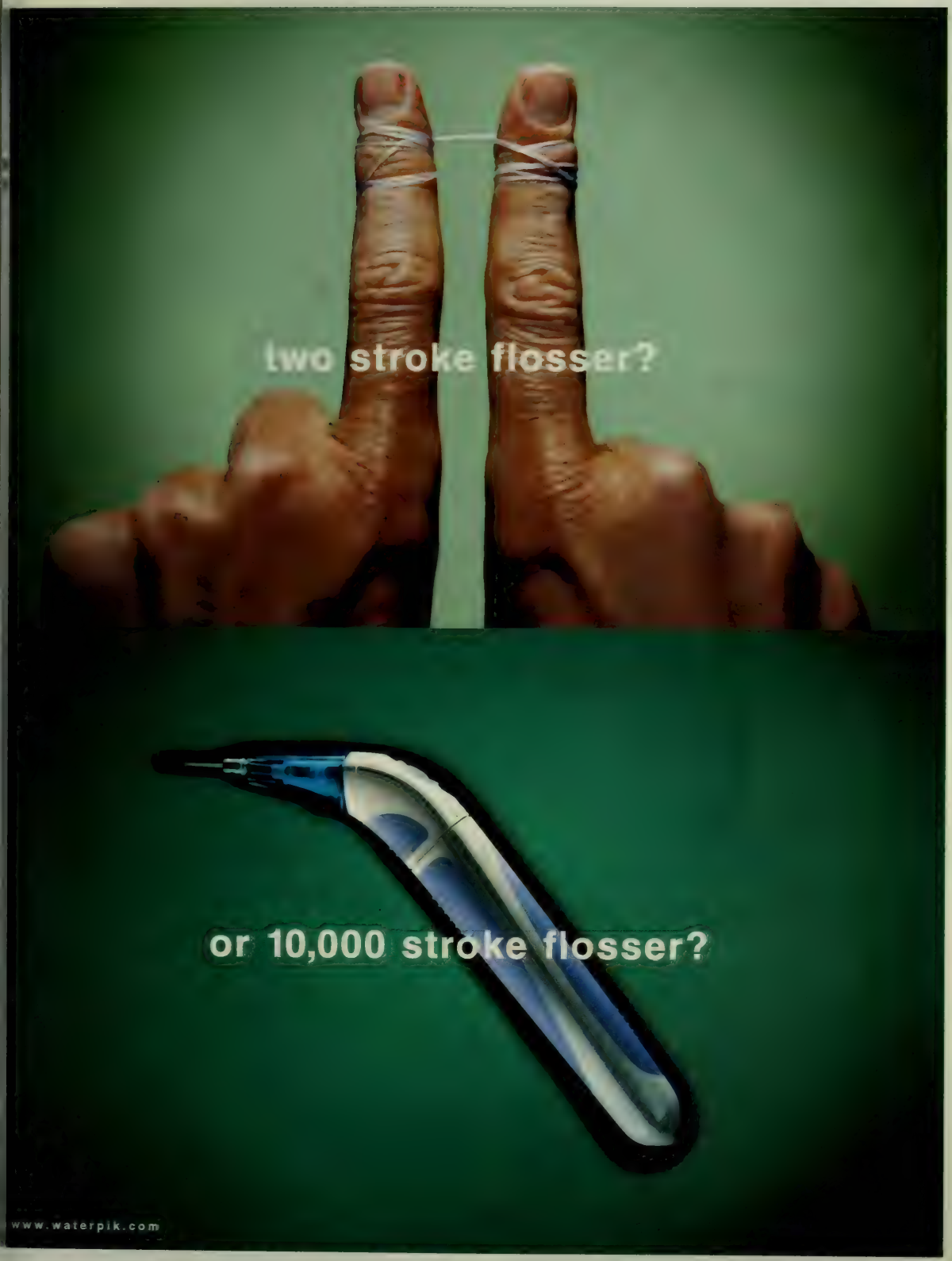
We use the first serving size listed when a range is given.

What you need:

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines that we've printed above suggest the levels of nutrients that moderately active adults should strive to eat each day.

There is no real harm in going over or under these guidelines in any single day, but it is a good idea to try to eat a balanced diet over time.



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Prize Tested Recipes®

see page 244 for details



$400 winner Spring Asparagus Slaw

Roxanne E. Chan, Albany, Calif.,
in the Spring Salads Category, April 2001

- 1 lb. asparagus
- 4 cups shredded green cabbage
- 1 cup torn radicchio or red cabbage
- ½ cup finely shredded carrot
- ¼ cup snipped fresh mint
- ¼ cup snipped fresh parsley
- ¼ of a small red onion, thinly sliced
- 2 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- ½ tsp. finely shredded lemon peel
- 1 Tbsp. lemon juice
- 1 clove garlic, minced
- ½ tsp. sugar (optional)
- ½ tsp. pepper
- 1 oz. shredded Parmesan cheese

Wash asparagus. Snap off and discard woody bases. In a medium saucepan bring 1 inch of water to boiling. Place asparagus in steamer basket. Cover; steam asparagus over the boiling water for 4 to 6 minutes or until crisp-tender. Drain. Gently rinse with cool water.

In a large bowl combine cabbage, radicchio, carrot, mint, parsley, and onion. Divide asparagus spears among eight salad plates; top with cabbage mixture. In a screw-top jar combine oil, vinegar, lemon peel, lemon juice, garlic, sugar (if using), and pepper; cover and shake to combine. Pour over cabbage mixture. Top with cheese. Serves 8 to 10.

Nutrition facts per serving: 76 cal., 5 g total fat (1 g sat. fat), 3 mg chol., 56 mg sodium, 6 g carbo., 2 g fiber, and 3 g pro. Daily Values: 0% vit. A, 45% vit. C, 6% calcium, and 7% iron.

(For more recipes, go online at www.bhg.com/recipes or AOL Keyword: Food.)

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.

Prize Tested Recipes®

see page 244 for details



$400 winner Banana Easter Egg Rolls

Vi Pierce, Moreno Valley, Calif.,
in the Festive Holiday Breads Category, April 2001

- ½ cup water
- ½ cup mashed banana (1 large)
- 1 egg
- 3 Tbsp. butter, cut up
- 3¼ cups bread flour
- ¼ cup granulated sugar
- 1 tsp. salt
- 1 pkg. active dry yeast or 2¼ tsp. bread machine yeast
- 2 tsp. butter, melted
- 1 Tbsp. cinnamon-sugar
- 1 recipe Icing

Add first eight ingredients to bread machine according to manufacturer's directions. (For conventional directions see *page 214*, or go online at www.bhg.com/eastereggrolls/ or AOL Keyword: Food.) Select dough cycle. When cycle is complete, remove dough from bread machine. Punch dough down; cover and let rest 10 minutes. On a lightly floured surface roll dough about ½ inch thick. Cut and shape into eight to twelve 3- to 3½-inch long egg shapes (reroll as needed). Place on lightly greased baking sheets. Brush with the melted butter and sprinkle with cinnamon-sugar. (To make your own cinnamon-sugar, combine 1 tablespoon granulated sugar and ¼ teaspoon ground cinnamon.)

Cover; let rise in a warm place until nearly double in size (about 30 minutes). Preheat oven to 350° F. Bake rolls about 15 minutes or until golden brown. Cool on wire racks. Prepare Icing; pipe or drizzle onto rolls to resemble Easter eggs. Makes 8 to 12 rolls.

Icing: Stir together 2 cups sifted powdered sugar, ¼ teaspoon vanilla, and enough milk (about 2 tablespoons) to make of piping or drizzling consistency. Divide icing and tint



Prize Tested Recipes®

see page 244 for details

$200 winner Aunt Deia's Easter Bread

Karen and Joe Pietrantonio, Fogelsville, Pa.,
in the Festive Holiday Breads Category, April 2001

- 1 pkg. active dry yeast
- ½ tsp. sugar
- ½ cup warm water (105° to 115° F)
- 3 eggs
- ⅔ cup sugar
- 1 Tbsp. finely shredded orange peel
- ⅓ cup orange juice
- ¼ cup butter, melted
- ¼ cup cooking oil
- 2 tsp. anise seed
- 1 tsp. salt
- 4½ to 5 cups all-purpose flour

Dissolve yeast and the ½ teaspoon sugar in the warm water. Set aside. In a large mixing bowl beat eggs with an electric mixer until frothy; gradually beat in the ⅔ cup sugar. Beat in orange peel, orange juice, melted butter, oil, anise seed, and salt. Beat in 2 cups of the flour and the yeast mixture; beat on high speed for 3 minutes. Using a wooden spoon, stir in as much of the remaining flour as you can.

Turn dough out onto a lightly floured surface. Knead in enough remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes). Shape into a ball. Place in a lightly greased bowl, turning once to grease surface. Cover; let rise until double (about 2 hours). Punch dough down; cover and let rest 10 minutes. Press dough evenly into a greased 10-inch tube pan. Cover; let rise in a warm place until almost double (1½ to 1¾ hours). Preheat oven to 300° F. Bake bread about 50 minutes or until top and sides are golden brown. Remove from pan; cool on wire rack. Makes 1 loaf (16 slices).

Nutrition facts per slice: 225 cal., 8 g total fat (3 g sat. fat), 48 mg chol., 189 mg sodium,

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Prize Tested Recipes®

see page 244 for details

$200 winner Mandarin-Berry Salad

Maureen Scully, Grand Rapids, Mich.,
in the Spring Salads Category, April 2001

- 6 cups torn mixed salad greens
- 1 cup fresh strawberries hulled and quartered
- ½ cup sliced green onions
- ½ cup canned rice noodles
- ¼ cup sliced almonds, toasted
- 1 11-oz. can mandarin orange sections, drained
- ¼ cup flaked coconut
- 2 tsp. honey
- 2 tsp. salad oil
- 2 tsp. balsamic vinegar
- ½ tsp. ground ginger
- ½ tsp. salt
- ¼ tsp. pepper
- 2 oz. semisoft goat cheese, crumbled

In a large bowl combine greens, strawberries, onions, noodles, and almonds; set aside. In a food processor bowl or blender container combine ½ cup of the oranges, coconut, honey, oil, vinegar, ginger, salt, and pepper. Cover; process or blend until combined. Pour dressing over salad; toss to coat. Top with remaining oranges and the cheese. Serves 6.

Nutrition facts per serving: 153 cal., 9 g total fat (3 g sat. fat), 4 mg chol., 308 mg sodium, 16 g carbo., 3 g fiber, and 4 g pro. Daily Values: 0% vit. A, 53% vit. C, 5% calcium, and 7% iron.



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Ritalin: Not Just For Kids

Chances are, you know a child with attention deficit hyperactivity disorder (ADHD). But it's not just kids who get this fidgety condition. Up to 50 percent of people with childhood ADHD continue to have it in adulthood.

Many adults are unaware that they've had ADHD since childhood because it is difficult to self-diagnose, says Dr. Fred Rottnek, of the American Academy of Family Physicians. And only one-third of those who self-diagnose actually have ADHD. A family member is often the first to notice symptoms, which include:

- Being unorganized
- Failing to finish work
- Fidgeting
- Talking excessively
- Being easily distracted
- Interrupting others

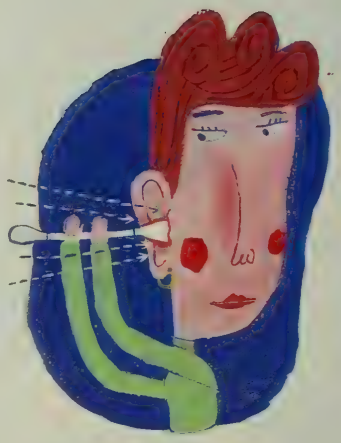


Medication is not a cure-all for ADHD. It should be taken in conjunction with behavioral therapy, where patients learn coping skills, such as time management.

Diagnosis may be complicated because some symptoms can overlap with those of other psychiatric conditions, such as depression and substance abuse.

Treatment for ADHD includes the medications Ritalin and Dexedrine, which can work as well for adults as they do for children. Adults usually only take the drug during the workweek. Antidepressants may help patients who have developed low self-esteem because of the stigmatization attached to ADHD.

It's important to note that adult ADHD research is in an early stage. Knowledge of ADHD symptoms and treatment traditionally have come from studies about and observations of children.



CAREFUL WHILE CLEANING

If you use cotton swabs to rid your ears of wax, then listen up. Deeply poking and prodding with swabs may cause hearing loss, bleeding, and injury to the eardrum, says M. Lee Williams, associate professor emeritus of otolaryngology at Johns Hopkins University School of Medicine and author of *The Sinusitis Help Book* (1998).

Wax is secreted in the outer two-thirds of the ear canal. Swabs may force it deeper into the canal and diminish hearing. People who routinely use swabs are more likely to have related hearing loss.

Keep your ears clean, safe, and free from itching by using an alcohol-dipped cotton swab in the outer part of the ear canal no more than once a week and never when your ear is infected.

Remove impacted earwax by gently flushing your ear with a loosely inserted squeeze-bulb syringe containing tepid water. Leave space around the syringe tip for water to drain, so you avoid rupturing your eardrum. If this doesn't work, a doctor may need to remove the wax.

The first cotton swab was invented in the 1920s. It was a toothpick stuck into a bit of cotton.

continued on page 252



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01 Ralston Purina Company

 continued from page 250

Sensitive teeth?

Check your toothpaste

If your teeth hurt or feel sensitive after brushing, you may be using the wrong toothpaste.

About 10 to 20 percent of patients complain of tooth sensitivity after using a tartar-control toothpaste, says William Kuttler, D.D.S., spokesman for the Academy of General Dentistry. Tartar-control toothpaste contains 5 percent of the active ingredient pyrophosphate. It works well to remove tartar—the buildup of plaque on teeth—but may be too much for people with sensitive teeth.





HANDS OFF FOR A BETTER WORKOUT

Make the most of your workout by taking a hands-off approach. I you use the handrails on exercise machines—even with the light est touch—you will not get as good a workout as those who keep their hands off.

Researchers at Ohio State University found that women who used the handrails on these machines, such as treadmills and stair steppers, had maximum heart rates up to 5 percent lower than women who did not touch the bars during a workout. In addition, oxygen uptake was up to 8 percent less for women who used the handrails for support.

This doesn't mean that handrails shouldn't be used at all. "If you have a limited amount of time and want to get the most out of your workout, keep your hands off the rails," says Sharon Christman, coauthor of the study, which appeared in the journal *Research in Nursing & Health.*

Christman says the findings, however, do not apply to men. A previous study found that men using a stair machine did not have a significant decrease in heart rate or oxygen uptake when they used light handrail support.

WHOLE GRAINS AND STROKE



Eating more whole grain foods, such as certain breads and cereals, may help women reduce their risk of ischemic stroke. These are the most common kinds of strokes, and they happen when blood to the brain is blocked.

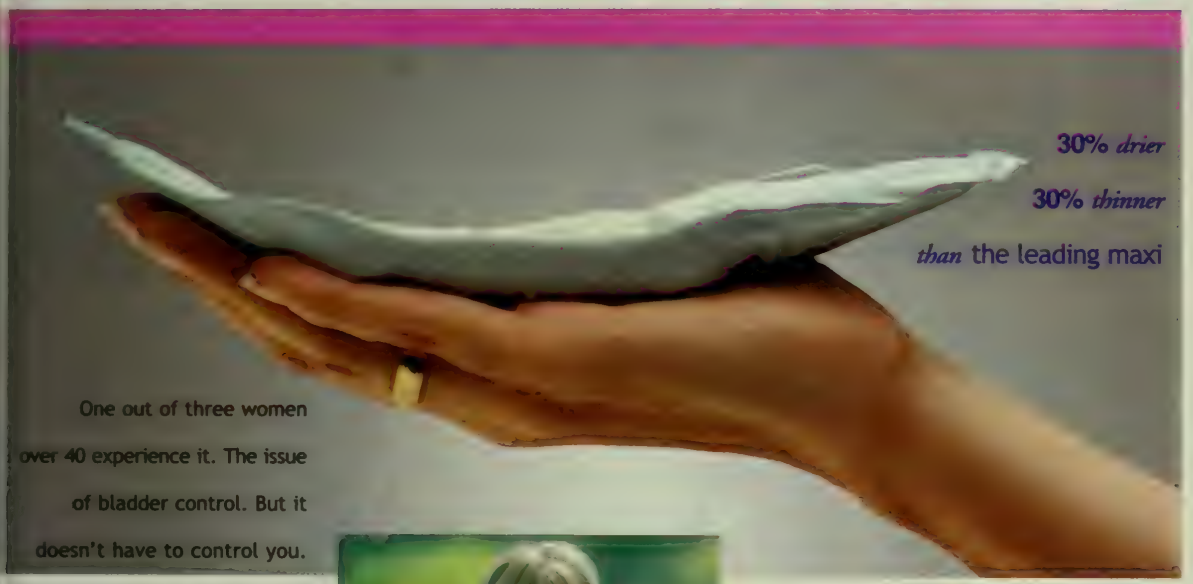
That's the finding of a recent study published in the *Journal of the American Medical Association.* Researchers at Brigham and Women's Hospital in Boston studied more than 75,000 women, ages 38 to 63, and found that those who ate the most whole grains had the lowest rates of ischemic stroke.

Women who ate the equivalent of two or three pieces of whole-grain bread a day had a 30 to 40 percent lower risk of ischemic stroke than women who ate less than half a slice a day.

Some of the whole-grain foods the women also ate included cooked oatmeal, whole-grain breakfast cereal, popcorn, wheat germ, brown rice, and couscous.

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 continued from page 252



Soak in This

Some of the best treatments for your skin can be found in your kitchen. The next time you give yourself a manicure, try this recipe before pushing back your cuticles.

Pineapple-Yogurt Nail Soak
½ tsp. apple cider vinegar
1 tsp. olive oil
2 Tbsp. pineapple juice, fresh or canned
2 Tbsp. plain yogurt

Place all ingredients in a bowl and whip until blended and creamy. Dip fingers in mixture for about 5 minutes. Massage both hands and fingers with mixture. Rinse in warm water and pat dry.
—from *Natural Hand Care* by Norma Pasekoff Weinberg

BABIES NEED TUMMY TIME

For eight years, pediatricians have warned parents to position sleeping babies on their backs to reduce the risk of Sudden Infant Death Syndrome (SIDS), the leading killer of infants in their first year. The Back to Sleep campaign, launched by the National Institute of Child Health Human Development, cut the SIDS death rate nearly in half. Unfortunately, it also created a new phenomenon—flat-headed babies.

The flattening—from the base of the neck to the top of the skull—is called plagiocephaly. It occurs when babies are kept on their backs, which may prevent the their heads from filling out.

Although the condition is not serious and usually disappears before a child's first birthday, many parents worry about the aesthetic effects. To address these concerns, the American Academy of Pediatrics updated its sleep-position statement to recommend periodically repositioning infants' heads from one side to the other while they sleep and allowing as much "tummy time" as possible when they're awake.

PLASTIC SURGERY–POPULAR PROCEDURES AND FEES

Procedure	Best Candidate	Surgeon Fees	Time Per Visit	Result	Back to Work
Abdominoplasty	Protruding abdomen: excess fat; weak abdominal muscles	$4,215	2–5 hours	Permanent	1–3 weeks
Breast lift	Breasts sag, have poor shape	$3,555	1½-3½ hours	Long lasting	1–2 weeks
Cheek implants	Poor facial contour	$2,093	2 hours	Permanent	1–2 weeks
Chemical peel	Sun damaged or unevenly pigmented skin	$743	1/2–3 hours	Long lasting	Varies
Collagen	Frown lines, crow's feet, nasolabial folds	$354	Less than 1 hour	Temporary	Immediately
Eyelid surgery	Excess fat, wrinkled, drooping skin of upper eyelids, bags	$2,395	1–3 hours	Long lasting	Within 10 days
Face-lift	Loose skin, deep lines, jowls, wrinkles	$5,135	2–3 hours	Long lasting	Within 2 weeks
Laser treatment of leg veins	Very small spider veins	$413	1/2 –1 hour	Permanent	Immediately
Rhinoplasty	Nose too large or wide, or tip needs reshaping	$3,398	1-2 hours	Permanent	7-10 days
Thigh lift	Loose, excess skin	$3,628	2 hours	Long lasting	2-4 weeks

Fees based on national average. (Source: American Society for Aesthetic Plastic Surgery)

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a.



b.



c.



d.



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Hello, Hay Fever

In the spring time, the only pretty ring time, When birds do sing, hey ding a ding, ding: Sweet lovers love the spring. —from *As You Like It* by William Shakespeare

by Kathleen M. Heins

Ah, spring. Poets praise it. But millions of others, clutching frayed tissues and rubbing red-rimmed eyes, curse the pollen born of budding trees, weeds, grasses, and flora, and fanned by breezes.

Is it an allergy or a cold?

Shakespeare probably did not let the common cold trifle with his celebration of spring and matters of the heart. But seasonal allergic rhinitis (or less eloquently put, hay fever) might have forced even the mighty bard in love to cast aside his quill.

If you're sneezing and have a cold that won't quit; red, itchy eyes that water; and nasal secretions that run clear rather than thick, see your doctor. Chances are, you don't have a cold. Instead, you've joined the ranks of those who suffer seasonal allergies.

Hay fever, a common condition in the United States, affects people of all ages. "Hay fever is a generic term for a pollen allergy," explains Timothy Craig, D.O., an allergy researcher and associate professor of medicine at Pennsylvania State University Hershey Medical Center. People who have hay fever also may experience somnolence (sleepiness), poor sleep, wheezing, and a dry throat. New allergy sufferers may think they have a cold until noticing that the same "cold" reoccurs each spring, summer, or fall.

The immune system gone wrong

Allergies develop when the immune system perceives airborne tree, grass, and weed pollens—which are normally harmless—as invaders. The immune system reacts by developing antibodies or sensitized cells that produce a host of protective chemicals, including histamine, to fight off perceived threats. This defense triggers congestion, stuffiness, and sneezing. The more you come in contact with allergens (the substances causing the allergy) the more "sensitized" you become, increasing your odds of suffering an allergic reaction.

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Hello, Hay Fever

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MINIMIZE MISERY

The American Academy of Allergy, Asthma & Immunology suggests these tips to lessen exposure to pollens or molds that trigger allergies.

- Keep windows closed to prevent pollens and molds from drifting into your house. Keep car windows closed when traveling.
- Use an air conditioner in your home or car to keep the air dry and cool.
- Try to stay indoors when the pollen count or humidity is high.
- At the height of pollen season, take a vacation to a pollen-free area, such as a beach.
- Don't hang sheets or clothing outside to dry.
- Don't mow the grass or rake.
- Don't grow too many indoor plants or overwater your plants; wet soil encourages mold growth.
- If you have allergy symptoms but dread the thought of parting with Puff or Spot, get tested. Your allergist will take a thorough history and use allergy skin testing to determine whether you're allergic to animal dander or dust mites.

Each springtime allergen has a pollinating period that follows the same schedule year after year. "People usually have multiple allergies. If they are bothered in the spring, they will most likely have fall allergies as well," says Norman Edelman, M.D., a pulmonologist and scientific consultant to the American Lung Association. (For information about growing plants that do not cause allergies, turn to "Allergy-Smart Gardens" on *page 110.*)

Common indoor allergens, such as mold, animal dander, or the droppings of cockroaches or house mites, may trigger allergic rhinitis. This condition is called a perennial allergy because it occurs year-round.

Studies show that if your parents have allergies, you may suffer too. Allergies can reappear after years of remission, and they can develop at any time. The severity of the symptoms seems to diminish with age.

Extra cranky kids may mean something's in the air

Pay attention to your kids this time of year. When children seem irritable or unfocused, they may be reacting to allergens. Pollen causes the most misery in the morning. Windy days can make symptoms worse by stirring up pollen that's already landed on the ground. Rainy days provide a breather by washing the pollen out of the air.

"A lot of children and adults with dust mite allergy have more symptoms during the night and early in the morning," says Michelle Lierl, M.D., an allergist and associate professor of clinical pediatrics at Children's Hospital Medical Center in Cincinnati, Ohio.

Secondhand smoke also is harmful, especially to young children. Many children who have allergies and secondhand smoke exposure may develop sinus and ear infections.

Over-the-counter meds do not offer optimum relief

Generally, over-the-counter (OTC) remedies don't come highly recommended for allergy relief. Antihistamines combat histamine, the inflammatory substance released when the immune system comes in contact with an allergen. Unlike their prescription counterparts, OTC antihistamines can cause drowsiness, increasing risk of car accident.

Allergy sufferers may use decongestants, which alleviate congestion and reduce swelling of the mucous membranes lining the nose.

Decongestants underwent scrutiny late last year when the Food and Drug Administration (FDA) asked manufacturers to stop the marketing of phenylpropanolamine, or PPA, found in diet aids and hundreds of prescription and OTC decongestants. A Yale University School of Medicine study found an increased risk of hemorrhagic stroke, or bleeding in the brain, among women. The risk is relatively small, given how much PPA is used, say investigators in the study. Nonetheless, it's suggested that you ask yourself the reason for taking any product with PPA. Always check the labels of prescription and OTC medicines to see whether PPA is listed as an active ingredient.

Nasal sprays, such as Nasalcrom, are sold without a prescription and can reduce reactions to pollen and mold. Decongestant nose drops and sprays should not be used more than several days; if overused, they may cause more congestion and swelling of nasal passages.

OTC eye drops cost less than similar prescription medications and may offer some relief from itching.

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The National Allergy Bureau provides pollen and spore counts on the Web site of the American Academy of Asthma, Allergy & Immunology: www.aaaai.org.



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Dark-colored cats may trigger allergies more than light-colored cats, report researchers in Brooklyn. — A study cited in the *Journal of the American Medical Association*

Prescription medications

Antihistamines, such as Claritin, Allegra, and Zyrtec, provide relief without causing the fatigue, loss of alertness, dry mouth, and coordination problems associated with OTC brands. (Hismanal and Seldane were removed from the market because of associated health risks.) One dose of Claritin, Allegra, or Zyrtec may last up to a full day. These medications don't appear to lose effectiveness with repeated use. With the FDA's approval of Astelin, antihistamines also went on the market in spray form.

New prescription corticosteroid nasal sprays, such as Rhinocort, Nasonex, and Flonase, are considered more potent than older brands. These anti-inflammatory drugs usually take a few days to work but are the most effective available therapy.

Time for a shot in the arm?

If controlling your environment and taking prescription medications are not effective, maybe it's time to roll up your sleeve. The National Institute for Allergy and Infectious Diseases reports that about 80 percent of those suffering from allergies find relief from allergy shots, or allergy immunotherapy treatment. These shots can reduce a person's need for supplemental medication within a year of starting treatment.

Allergen immunotherapy entails administering gradually increasing amounts of an allergen to a patient over several months, according to the American Academy of Asthma, Allergy & Immunology. Exposure to small, injected amounts of a particular allergen builds up the body's immunity. The end result is a reduced or minor allergic response and fewer symptoms when the patient encounters these allergens.

The injections are first given on a weekly or biweekly basis. For the first couple of months, a patient usually is asked to stay at the doctor's office after each shot in case a reaction occurs. The patient typically reaches a maintenance dose about four to six months after the initial shot. This maintenance dose usually is administered every three to four weeks. Most patients continue treatment for three to five years or longer.

Not everyone can opt for shots. If you suffer from an unstable heart condition and take beta blockers or if you take monoamine oxidase (MAO) inhibitors, you should not begin immunotherapy without your physician's approval. If you are getting shots, be sure your allergist approves of any supplemental medications for allergies (or any other conditions) that you may be taking. Women considering pregnancy should consult their physician before considering immunotherapy or taking any allergy medication, whether prescription or OTC.

New drugs are being developed, including nasal sprays, that allow administration of allergen extracts without needles. But these and other products under development may not be available for years.

The main message for now: Do not suffer needlessly. "A lot of people who should see doctors learn to live with the symptoms, even when they are severe," says Edelman. "No one needs to tough things out." ⌂



WHEN TO SEE AN ALLERGIST

Your family physician, internist, or pediatrician probably can treat mild allergies. But sometimes it's wise to consult an allergist, a physician specializing in the diagnosis and treatment of asthma and other allergic diseases. The American College of Allergy, Asthma and Immunology recommends seeing an allergist if:

- Your allergies cause other symptoms, such as chronic sinus and nasal congestion.
- Your symptoms occur several months out of the year.
- Medication doesn't control symptoms or the side effects bother you.
- You struggle to get through daily activities and feel your quality of life is compromised.
- You experience signs of asthma, such as wheezing or coughing fits, particularly at night or after exercise, and a tightness in the chest.

by Beth Wolfensberger Singer

I Feel Your Pain

Just what you want to hear from the doc



Americans talk tough, even when they hurt. "No pain, no gain." "What doesn't kill you makes you stronger."

Stoic suffering—what's that about?

"Pain is vastly undertreated today for several reasons," says Jim Guest, executive director of the American Pain Foundation in Baltimore, Maryland. Until recently, health care professionals received little training in pain treatment. Patients hold low expectations for relief and don't want to be seen as whiners. Many doctors and patients are wary of strong painkillers, such as opiates (derived from opium) like morphine. Patients fear addiction, often needlessly. And doctors are concerned about increased scrutiny from drug regulatory agencies when prescribing stronger medications.

Despite the hesitation to talk about pain, it is epidemic: 50 million Americans have chronic pain (lasting six months or longer), and 25 million experience short-term pain from injuries or surgeries annually. Women tend to experience daily pain, miss work due to pain, and develop conditions that cause chronic pain.

Speak up! And send a clear message

You can sound off about pain without feeling self-conscious. Both the Joint Commission on Accreditation of Healthcare Organizations and the Department of Veterans Affairs call for pain to be treated as the "fifth vital sign" and assessed as vigilantly as

continued on page 264





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I Feel Your Pain

continued from page 262

blood pressure, pulse, temperature, and breathing rate.

"Doctors can't measure pain," says John Klippel, M.D., medical director of the Arthritis Foundation in Atlanta, Georgia. "Their ability to understand pain is determined by their patients' ability to describe it."

This calls for straight talk. Tell your doctor:

- When the pain started
- Where it is located
- What makes it better or worse
- Whether it radiates
- How it feels presently
- How it feels in its worst form
- How it feels in its mildest form
- How the pain rates on a scale of one to 10.



Choose words carefully to describe pain: stabbing, aching, dull, piercing, tingling, gnawing, deep, pounding, shocklike.

Share your ideas about the cause of the pain. Explain—directly and succinctly—the methods of relief you've tried and the results.

It's important that you explain how the pain affects your life. "An accurate explanation puts the pain into perspective for the doctor in terms of what kinds of things might be achievable through therapy, and what difference it would make in a patient's life," says Klippel.

Listen. It's the doctor's turn

Expect your doctor to explain clearly the probable cause of the pain. He or she should present a treatment plan, including potential surgical options and medication side effects. In addition, make sure your doctor discusses how often the treatment plan will be assessed.

Throughout the meeting and afterwards, be sure that your physician understands and believes you. If that level of confidence isn't there, ask for a referral to a pain specialist. Or contact the nearest teaching hospital for a recommendation.

Understand the full effects of pain

Banishing pain, especially chronic pain, involves more than popping the latest pill. Russell Portenoy, M.D., chairman of the Department of Pain Medicine and Palliative Care at Beth Israel Medical Center in New York City, stresses that many pain specialists favor a multidisciplinary approach. The minimum approach includes drug therapy, a pain rehabilitation or physical therapy program, and psychological help. Incorporating other treatments, such as massage, biofeedback, or acupuncture, is not unusual.

Why seek psychological help? Not because the pain is all in your head.

Got a mess on your hands? Get the original pumice-powered, heavy-duty hand cleaner. Tough on dirt, grease and grime, but easy on hands. Also look for the Lava bar and Lava heavy-duty hand cleaner towels.



Anybody with chronic pain is going
› suffer changes that affect all
spects of life, including their psy-
hological health, family life, sexual
fe, and social life," says Dr.
ortenoy. "Psychological interven-
ons may help coping skills and
educe the pain through the power of
ne mind."

Marsha Oswalt, a nurse in Beech
Grove, Indiana, fully understands
ow pain can cause mental as well as
hysical hardship. Her saga began
lmost 10 years ago when her hus-
and, failing to notice where she was
tanding, backed up his car and
inned her between the bumpers of
is vehicle and hers. The accident
roke the fibula in her left leg below
he knee.

Oswalt consulted four orthopedic
octors to determine why her leg
emained unhealed. She also went
hrough painful rehabilitation.

EASE YOUR PAIN

American Pain Foundation
www.painfoundation.org
888/615-7246

American Pain Society
www.ampainsoc.org
847/375-4715

American Chronic Pain Association
www.theacpa.org
916/632-0922

Arthritis Foundation
www.arthritis.org
800/283-7800

She could not face her depression,
owever. "I didn't know what
lepression was at that point," Oswalt
emembers. "I was trying to put up
uch a front, trying to fight the pain
nd deny it."

Although Oswalt still has good
nd bad days with pain, she says the
sychologist in her pain rehabilita-
ion program motivated her to
vercome depression.

Stage a comeback with support The
American Chronic Pain Association,
based in Rocklin, California, has
hundreds of chronic pain support

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continued from page 265

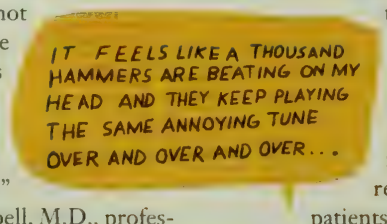
groups around the country. "Chronic pain affects every decision you make, every plan, everything that you do," says Penney Cowan, the association's founder. "Your family suffers. Coworkers suffer. But it's so misunderstood because it's an invisible disability." Group members avoid dwelling on symptoms, but gain coping skills and peer support, realizing they're not alone.

New strategies to relieve pain

The future is bright in terms of treating pain, says Scott Fishman, M.D., chief of the division of pain medicine at the University of California at Davis and author of *The War on Pain* (2000).

"We have a better understanding of the impact pain has on someone's life," he says. "We're now decoding pain through neuroscience and understanding how the language of pain is relayed to the brain. We're seeing new breakthroughs daily: new pain receptors we didn't know existed and new effects of drugs."

Some people with neuropathic pain, which is caused by nerve injury, can benefit from the anticonvulsant drug Neurontin (gabapentin), even if they don't have convulsions. Antidepressants can block pain in patients who are not depressed. "The same molecules involved in regulating mood may be involved in regulating pain," says James Campbell, M.D., professor of neurosurgery at Johns Hopkins University and chairman of the board, American Pain Foundation.



Scientists have developed drugs that may be better pain medication for some patients than the common choices of aspirin, ibuprofen, and naproxen sodium (nonsteroidal anti-inflammatory drugs), which can cause a range of problems from upset stomach to serious gastrointestinal bleeding. The newer drugs include Vioxx (rofecoxib) for arthritis pain and menstrual pain and Celebrex (celecoxib) for arthritis. They inhibit COX-2 enzymes, which trigger pain and inflammation, without blocking COX-1 enzymes, which protect the stomach lining.

There are faster ways to stop pain too. For instance, Actiq (a form of the opiate fentanyl) is available as a flavored lozenge that dissolves in the mouth. This medication offers relief for cancer patients whose severe pain has broken through their regular narcotic treatment.

Pain specialists now have access to drugless invasive techniques that jam brain signals. Portenoy says that there has been success with deep brain stimulation, which sends a low electric current through an electrode placed in the brain. Spinal cord stimulation, in which a thin wire goes into the spinal cord, also has been effective.

Doctors and their patients are rethinking use of opiates, which long have been feared as being addictive. "Opiates are the single most important drug for control of serious pain," says Campbell. Research shows that these drugs, when taken correctly, are not addictive in patients suffering pain.

Even with new treatments, good communication remains all important. A lot depends on the patient taking action. Be vigilant, whatever your level of pain, and get answers before pain worsens.

"In nursing school back in the 1980s, we were taught that a little pain never hurt anyone," says Pamela Bennett, R.N., who is a pain management nurse consultant in Derry, New Hampshire. "We're finding out scientifically that pain can be harmful. If we treat it early and aggressively, we can prevent many chronic pain conditions from developing." ⌂

YOUR PHARMACIST: A GREAT ALLY AGAINST PAIN

Don't forfeit a valuable ally: Get to know your pharmacist. When acquainted with your situation, this health-care professional can keep your medication in stock, so you don't have to wait—in pain—for a reorder.

Ask your pharmacist what you can expect from your medicine, what side effects to watch for, and what to do if you miss a dose, says Susan Winckler, a pharmacist and group director of policy and advocacy for the American Pharmaceutical Association. Give precise information about the other medications you're taking, including any over-the-counter (OTC) drugs, vitamins, and herbal supplements.



Be aware that OTC medicines can contain some of the same ingredients as prescription medications. If they both have acetaminophen, for instance, you could end up getting too much and cause liver damage. Vitamins may contain herbal ingredients—ginkgo, for one—that interact with pain medicine.

The shame, says Winckler, is when people don't take medications correctly or fail to try them at all. "Learn about your medicine," she urges. "Some people, when they're prescribed a medication with codeine, think, 'I'm going to be really out of it. I don't want to use narcotics.' But if other things aren't working, it could be the best medication for you, and you may not 'feel out of it.'"

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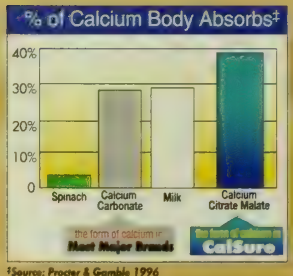
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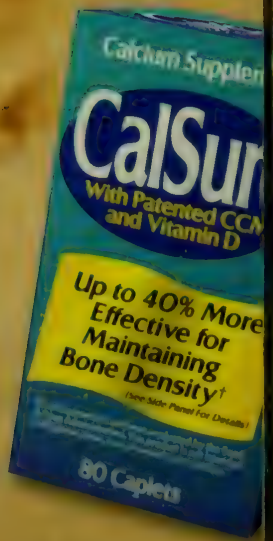
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Fabulous Farmer's Markets

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Markets are sprouting up across America like dandelions in spring. And why not? They are rich in local color and culture, and offer everything from fresh meats and produce to jams, cheeses, and bedding plants. Several markets also include music, cooking demonstrations, and other activities. What better way to enjoy the weekend?

Here's a taste of your area's picks of the crop.

San Francisco, California

Mild weather and good soil make California one of the richest agricultural states in North America. Thanks to a terrific trio of markets, San Francisco can offer up a bounty of the state's goods year-round.

The Heart of the City Market, commonly known as the UN Plaza Market, is a great source for Asian produce, such as bok choy and lemongrass. The Alemany Market, near Putnam and Crescent streets, has been in business nearly a half-century with a wide selection of produce at moderate prices.

The largest market is Ferry Plaza, where as many as 75 farmers and 20 vendors set up along the waterfront each Saturday. The market encourages organic growing practices by its



VS.

participants. Variety is key here, with open-air stalls showcasing everything from baby artichokes and blood oranges to flavored olive oils and quail. You will also find more heirloom varieties of plants and things like unique salad mixes, says Amy Meadows, the organization's marketing manager.

"Because we encourage smaller, artisan-type farmers, they have the flexibility to offer some unique products," says Meadows. "You're not only getting quality, you're getting the wealth of knowledge that these farmers have to offer."

The Ferry Plaza Market, at Embarcadero and Green streets, is open 8 a.m.-1:30 p.m. Saturdays. A second location, at Justin Herman Plaza, is open 10:30 a.m.-2:30 p.m. Tuesdays. For more information, visit www.saturdaymarket.com, or call 415/353-5650.

Boulder County Farmer's Market
Boulder, Colorado

Boulder does its part to support the family farmer. As many as 14,000 residents stroll the local market on Saturday mornings shopping for produce that ranges from spinach and lettuce in April to chile peppers and pumpkins in October.

The market welcomes more than 60 farmers in the peak summer months. All vendors come from within the county, except certain fruit-growers from the state's western slope, who bring fruits that can't survive in Boulder's winter climate.

More than two dozen local restaurants and bakeries also join in the weekly event. Once a month, local craftspeople participate.

The market's lovely setting no doubt adds to its popularity. It is held in a green and airy downtown site bordered by Central Park and anchored by the Boulder Museum of Contemporary Art and the Dushanbe Teahouse.

The market, at 13th St. and Canyon Blvd., is open 8 a.m.-2 p.m. Saturdays between April and October, and 10 a.m.-2 p.m. Wednesdays between May and October. For information, visit their Web site at www.boulderfarmers.org, or call 303/910-2236. ⌂

—by Tina Lassen

For free vacation information, see *page 269*.


Boulder County Farmer's Market



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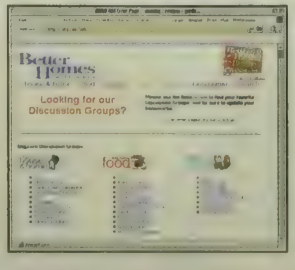
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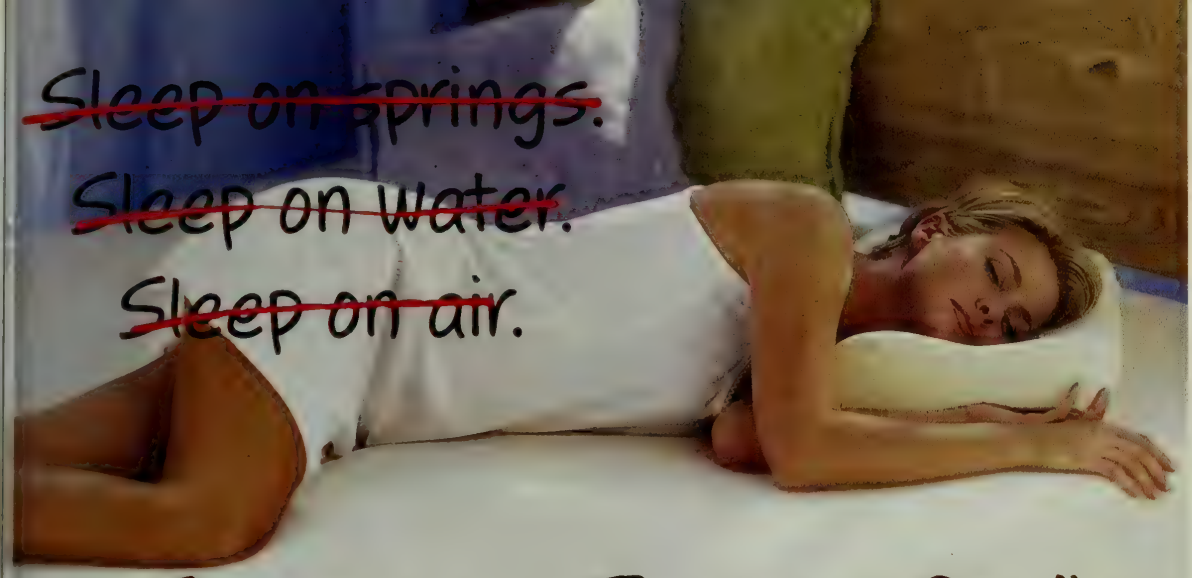
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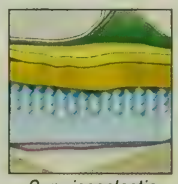
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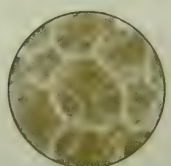
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What it is, and why we do what we do

Outside the offices of the corporate headquarters of *Better Homes and Gardens*® magazine—near the heart of a traffic-clogged downtown—lies an oasis of green … and yellow, and red, and purple, and … you get the idea. This refreshing blast of color and quiet on half a city block in Des Moines, Iowa, is the *BH&G* Test Garden. And as gorgeous as our garden is, sometimes visitors get the wrong idea about it.

Despite its beauty, the Test Garden is not really a garden. It is a photo studio. While inner-city, the garden is landscaped in the style of someone's backyard. Or, actually, several someones' backyards. Because anywhere you take a look in our garden, if you turn ever so slightly, you will have a whole new vista. And so will our cameras, as we set about photographing how-to sequences and plant portraits, and documenting the performance of new plants.

Of course, no one else's backyard has 22 garden rooms and beds; 2,500 trees, shrubs, and perennials; 17,000 bulbs; and a changing palette of 300 annuals. And when the *BH&G* garden editors are finished photographing a plant or garden plan, *out it comes*, often to the chagrin of Test Garden manager Sandra Gerdes. "And just when it was looking *so good*," she tells us. But we will continue to plant and replant (and replant) for many, many reasons. Mostly, though, we do it for you. ⌂

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by Catherine Krame

Improve Your Hang Time

Take the worry and chore out of wallpapering with these tips and techniques that guarantee success every time.









1. Most residential wallpapers now come prepasted, in which case all you need to do is activate the paste. Water will work. But even easier to use is a wall-covering activator, which you can purchase by the gallon and roll on like paint. 2. Folding your activated wallpaper pasted side to pasted side—called booking—helps the paper "relax" before you hang it. Take care not to crease the folds. Leave each strip booked for three to five minutes. 3. Hang your first strip on a plumb line. Allow two inches of overlap at the ceiling and doors or window frames. Use downward strokes with a wallpaper brush to smooth the paper. 4. Trim away excess using a razor knife. As a guide, hold a wall scraper or broad knife tightly along the line where you make the cut. For an even cut, keep the razor in contact with the wall while moving the scraper. Replace razor blades often.

PREP STEPS

Wallpapering projects take planning and preparation, things that are tempting to skimp on when you're anxious to roll out that perfect new look. Adhere to this advice, and you'll be covered.

- Avoid tape measures made of cloth. They may stretch and give inaccurate readings. Instead, stick to wooden yardsticks and steel tape measures.
- Heed your dealer's advice regarding the number of rolls needed. Many factors can affect this quantity, including pattern repeat, room size and shape, and unusual waste during hanging.
- Keep records. If you have to reorder, you'll need to know not only the name of the paper, but its pattern number and dye lot to get an exact match.
- Spackle in cracks and nail holes, and thoroughly wash dirty or greasy spots.
- Apply a primer/sealer. This is important if you are covering new drywall (the primer helps to bind chalky surfaces) or mildew-stained surfaces.
- Don't cover fresh plaster. Plaster takes a month or more to fully cure.
- Before covering paneling or tile, fill in deep grooves with caulk, apply both a primer and sizing, and hang a heavy-duty wallpaper liner.
- You can't avoid trimming the last strip you hang to match the first strip, so you'll want to begin in a place that will hide the possible pattern mismatch, such as above a door, above and below a window, or behind draperies or furniture.
- Paint the ceiling and woodwork first, overlapping onto the wall you will be papering. When you trim the wallpaper, you won't reveal unpainted surfaces.
- Wallpapering over wallpaper is not recommended. But if you choose to do so, make sure the existing wallpaper is securely attached to the wall, especially along seams and edges.



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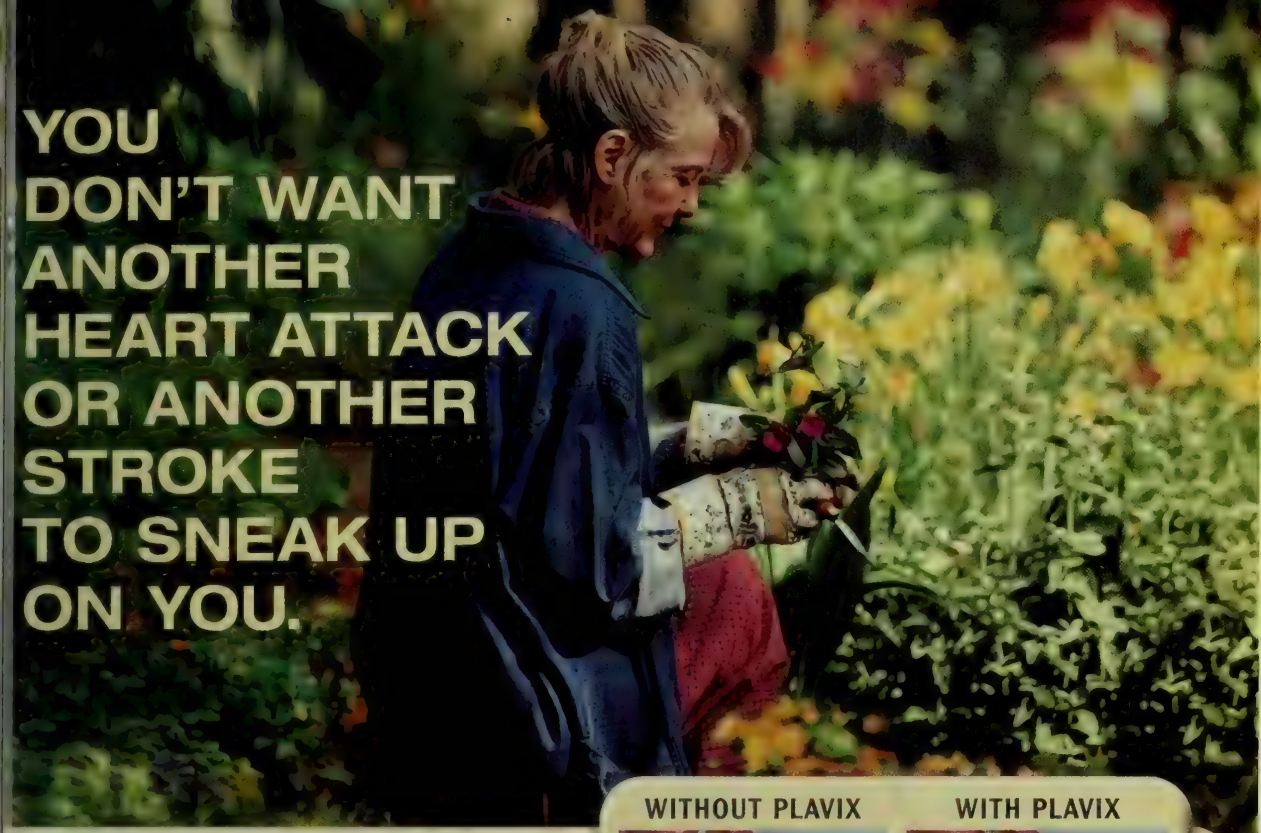
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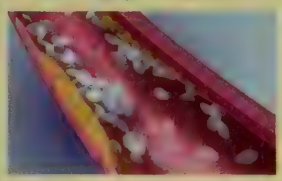
Serve fruit in stone bowls purchased from home furnishings stores (*top right*). Pool together a personal collection of striped and spotted stones. Add water and a flower for a splash of color (*above*).

Stimulate your senses by including a variety of materials and textures in your home. Although man-made items—foam-filled chairs and plastic-encased electronics—abound, elements from the natural world can balance these with a sense of solidity and timelessness. The following ideas for throwing stones into your home don't require you to do any heavy remodeling. Rather, these design choices will make your surroundings more interesting.

- **Stone soup** Gather together a potluck of small stones from lakeshores, riverbeds, or the surrounding neighborhood. Then, stir them together in a glass bowl (*left*). Add water to bring out their colors and textures. For a dry, sculptural arrangement, stack pebbles in various sizes, shapes, and colors on a broad, flat stone.
- **Stonewares** Some everyday items, such as toothbrush holders, soap dishes, and bookends, are available in carved stone. Check out home furnishings stores and catalogs, as well as stationery and craft stores for stone products similar to this bowl (*above*). Many of the items even have dual uses, such as votive candleholders that work as flower vases.
- **Stone wall** If you don't have a soaring stone fireplace—which most of us don't—you can still get the same look of smooth, rounded texture on the wall with a stone wall-hanging. Use epoxy to glue small stones close together on a piece of thin plywood or sturdy cardboard, then frame it with pieces of molding and hang it on the wall.
- **Sticks and stones** Use polished rocks to cover dirt in planters or to fill pot saucers for a natural boost to an organic decorating accent.



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INDICATIONS AND USAGE: PLAVIX (clopidogrel bisulfate) is indicated for the reduction of atherosclerotic events (myocardial infarction, stroke, and vascular death) in patients with atherosclerosis documented by recent stroke, recent myocardial infarction, or established peripheral arterial disease.

CONTRAINDICATIONS: PLAVIX is contraindicated in patients with a hypersensitivity to the drug substance or any component of the product, and those with active pathologic bleeding such as peptic ulcer or intracranial hemorrhage.

WARNINGS: *Thrombotic thrombocytopenic purpura (TTP):* TTP has been reported rarely following use of PLAVIX, sometimes after a short exposure (<2weeks). TTP is a serious condition requiring prompt treatment. It is characterized by thrombocytopenia, microangiopathic hemolytic anemia (schistocytes [fragmented RBCs] seen on peripheral smear), neurological findings, renal dysfunction, and fever. TTP was not seen during clopidogrel's clinical trials, which included over 11,300 clopidogrel-treated patients. In worldwide postmarketing experience, however, TTP has been reported at a rate of about four cases per million patients exposed, or about 11 cases per million patient-years. The background rate is thought to be about four cases per million person-years.

PRECAUTIONS: General: As with other antiplatelet agents, PLAVIX should be used with caution in patients who may be at risk of increased bleeding from trauma, surgery, or other pathological conditions. If a patient is to undergo elective surgery and an antiplatelet effect is not desired, PLAVIX should be discontinued 7 days prior to surgery. *GI Bleeding:* PLAVIX prolongs the bleeding time. In CAPRIE, PLAVIX was associated with a rate of gastrointestinal bleeding of 2.0%, vs. 2.7% on aspirin. PLAVIX should be used with caution in patients who have lesions with a propensity to bleed (such as ulcers). Drugs that might induce such lesions (such as aspirin and other nonsteroidal anti-inflammatory drugs [NSAIDs]) should be used with caution in patients taking PLAVIX. *Use in Hepatically Impaired Patients:* Experience is limited in patients with severe hepatic disease, who may have bleeding diatheses. PLAVIX should be used with caution in this population.

Information for Patients: Patients should be told that it may take them longer than usual to stop bleeding when they take PLAVIX, and that they should report any unusual bleeding to their physician. Patients should inform physicians and dentists that they are taking PLAVIX before any surgery is scheduled and before any new drug is taken.

Drug Interactions: Study of specific drug interactions yielded the following results: *Aspirin:* Aspirin did not modify the clopidogrel-mediated inhibition of ADP-induced platelet aggregation. Concomitant administration of 500 mg of aspirin twice a day for 1 day did not significantly increase the prolongation of bleeding time induced by PLAVIX. PLAVIX potentiated the effect of aspirin on collagen-induced platelet aggregation. The safety of chronic concomitant administration of aspirin and PLAVIX has not been established. *Heparin:* In a study in healthy volunteers, PLAVIX did not necessitate modification of the heparin dose or alter the effect of heparin on coagulation. Coadministration of heparin had no effect on inhibition of platelet aggregation induced by PLAVIX. The safety of this combination has not been established, however, and concomitant use should be undertaken with caution. *Nonsteroidal Anti-Inflammatory Drugs (NSAIDs):* In healthy volunteers receiving naproxen, concomitant administration of PLAVIX was associated with increased occult gastrointestinal blood loss. NSAIDs and PLAVIX should be coadministered with caution. *Warfarin:* The safety of the coadministration of PLAVIX (clopidogrel bisulfate) with warfarin has not been established. Consequently, concomitant administration of these two agents should be undertaken with caution. (See **Precautions-General**). *Other Concomitant Therapy:* No clinically significant pharmacodynamic interactions were observed when PLAVIX was coadministered with **atenolol, nifedipine,** or both atenolol and nifedipine. The pharmacodynamic activity of PLAVIX was also not significantly influenced by the coadministration of **phenobarbital, cimetidine** or **estrogen**. The pharmacokinetics of **digoxin** or **theophylline** were not modified by the coadministration of PLAVIX (clopidogrel bisulfate). At high concentrations *in vitro*, clopidogrel inhibits P_{450} (2C9). Accordingly, PLAVIX may interfere with the metabolism of **phenytoin, tamoxifen, tolbutamide, warfarin, torsemide, fluvastatin,** and many **non-steroidal anti-inflammatory agents,** but there are no data with which to predict the magnitude of these interactions. Caution should be used when any of these drugs is coadministered with PLAVIX. In addition to the above specific interaction studies, patients entered into CAPRIE received a variety of concomitant medications **including diuretics, beta-blocking agents, angiotensin converting enzyme inhibitors, calcium antagonists, cholesterol lowering agents, coronary vasodilators, antidiabetic agents, antiepileptic agents** and **hormone replacement therapy** without evidence of clinically significant adverse interactions.

Drug/Laboratory Test Interactions: None known.

Carcinogenesis, Mutagenesis, Impairment of Fertility: There was no evidence of tumorigenicity when clopidogrel was administered for 78 weeks to mice and 104 weeks to rats at dosages up to 77 mg/kg per day, which afforded plasma exposures >25 times that in humans at the recommended daily dose of 75 mg. Clopidogrel was not genotoxic in four *in vitro* tests (Ames test, DNA-repair test in rat hepatocytes, gene mutation assay in Chinese hamster fibroblasts, and metaphase chromosome analysis of human lymphocytes) and in one *in vivo* test (micronucleus test by oral route in mice). Clopidogrel was found to have no effect on fertility of male and female rats at oral doses up to 400 mg/kg per day (52 times the recommended human dose on a mg/m^2 basis).

Pregnancy: Pregnancy Category B. Reproduction studies performed in rats and rabbits at doses up to 500 and 300 mg/kg/day (respectively, 65 and 78 times the recommended daily human dose on a mg/m^2 basis), revealed no evidence of impaired fertility or fetotoxicity due to clopidogrel. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of a human response, PLAVIX should be used during pregnancy only if clearly needed.

Nursing Mothers: Studies in rats have shown that clopidogrel and/or its metabolites are excreted in the milk. It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the nursing woman.

Pediatric Use: Safety and effectiveness in the pediatric population have not been established.

ADVERSE REACTIONS: PLAVIX (clopidogrel bisulfate) has been evaluated for safety in more than 11,300 patients, including over 7,000 patients treated for 1 year or more. The overall tolerability of PLAVIX was similar to that of aspirin regardless of age, gender and race, with an approximately equal incidence (13%) of patients withdrawing from treatment because of adverse reactions. The clinically important adverse events observed in CAPRIE are discussed below.

Hemorrhagic: In patients receiving PLAVIX in CAPRIE, gastrointestinal hemorrhage occurred at a rate of 2.0%, and required hospitalization in 0.7%. In patients receiving aspirin, the corresponding rates were 2.7% and 1.1%, respectively. The incidence of intracranial hemorrhage was 0.4% for PLAVIX compared to 0.5% for aspirin. *Neutropenia/agranulocytosis:* Ticlopidine, a drug chemically similar to PLAVIX, is associated with a 0.8% rate of severe neutropenia (less than 450 neutrophils/μL). Patients in CAPRIE were intensively monitored for neutropenia. Severe neutropenia was observed in six patients, four on PLAVIX and two on aspirin. Two of the 9599 patients who received PLAVIX and none of the 9586 patients who received aspirin had neutrophil counts of zero. One of the four PLAVIX patients was receiving cytotoxic chemotherapy, and another recovered and returned to the trial after only temporarily interrupting treatment with PLAVIX. Although the risk of myelotoxicity with PLAVIX thus appears to be quite low, this possibility should be considered when a patient receiving PLAVIX demonstrates fever or other sign of infection. *Gastrointestinal:* Overall, the incidence of gastrointestinal events (e.g., abdominal pain, dyspepsia, gastritis and constipation) in patients receiving PLAVIX (clopidogrel bisulfate) was 27.1%, compared to 29.8% in those receiving aspirin. The incidence of peptic, gastric or duodenal ulcers was 0.7% for PLAVIX and 1.2% for aspirin. Cases of diarrhea were reported in 4.5% of patients in the PLAVIX group compared to 3.4% in the aspirin group. However, these were rarely severe (PLAVIX = 0.2% and aspirin = 0.1%). The incidence of patients withdrawing from treatment because of gastrointestinal adverse reactions was 3.2% for PLAVIX and 4.0% for aspirin. *Rash and Other Skin Disorders:* The incidence of skin and appendage disorders in patients receiving PLAVIX was 15.8% (0.7% serious); the corresponding rate in aspirin patients was 13.1% (0.5% serious). The overall incidence of patients withdrawing from treatment because of skin and appendage disorders adverse reactions was 1.5% for PLAVIX and 0.8% for aspirin.

shown below regardless of relationship to PLAVIX. The median duration of therapy was 20 with a maximum of 3 years.

Adverse Events Occurring in ≥ 2.5% of PLAVIX® Patients

	% Incidence	(% Discontinuation)
Body System **Event**	**PLAVIX [n=9599]**	**Aspirin [n=9586]**
Body as a Whole - general disorders		
Chest Pain	8.3 (0.2)	8.3 (0.3)
Accidental Injury	7.9 (0.1)	7.3 (0.1)
Influenza-like symptoms	7.5 (<0.1)	7.0 (<0.1)
Pain	6.4 (0.1)	6.3 (0.1)
Fatigue	3.3 (0.1)	3.4 (0.1)
Cardiovascular disorders, general		
Edema	4.1 (<0.1)	4.5 (<0.1)
Hypertension	4.3 (<0.1)	5.1 (<0.1)
Central & peripheral nervous system disorders		
Headache	7.6 (0.3)	7.2 (0.2)
Dizziness	6.2 (0.2)	6.7 (0.3)
Gastrointestinal system disorders		
Abdominal pain	5.6 (0.7)	7.1 (1.0)
Dyspepsia	5.2 (0.6)	6.1 (0.7)
Diarrhea	4.5 (0.4)	3.4 (0.3)
Nausea	3.4 (0.5)	3.8 (0.4)
Metabolic & nutritional disorders		
Hypercholesterolemia	4.0 (0)	4.4 (<0.1)
Musculo-skeletal system disorders		
Arthralgia	6.3 (0.1)	6.2 (0.1)
Back Pain	5.8 (0.1)	5.3 (<0.1)
Platelet, bleeding, & clotting disorders		
Purpura	5.3 (0.3)	3.7 (0.1)
Epistaxis	2.9 (0.2)	2.5 (0.1)
Psychiatric disorders		
Depression	3.6 (0.1)	3.9 (0.2)
Respiratory system disorders		
Upper resp tract infection	8.7 (<0.1)	8.3 (<0.1)
Dyspnea	4.5 (0.1)	4.7 (0.1)
Rhinitis	4.2 (0.1)	4.2 (<0.1)
Bronchitis	3.7 (0.1)	3.7 (0)
Coughing	3.1 (<0.1)	2.7 (<0.1)
Skin & appendage disorders		
Rash	4.2 (0.5)	3.5 (0.2)
Pruritus	3.3 (0.3)	1.6 (0.1)
Urinary system disorders		
Urinary tract infection	3.1 (0)	3.5 (0.1)

Incidence of discontinuation, regardless of relationship to therapy, is shown in parenthes

Other adverse experiences of potential importance occurring in 1% to 2.5% of patients re PLAVIX (clopidogrel bisulfate) in the CAPRIE controlled clinical trial are listed below regard relationship to PLAVIX. In general, the incidence of these events was similar in the aspirin group. *Autonomic Nervous System Disorders:* Syncope, Palpitation. *Body as a Whole - gene orders:* Asthenia, Hernia. *Cardiovascular disorders:* Cardiac failure. *Central and peripheral system disorders:* Cramps legs, Hypoaesthesia, Neuralgia, Paresthesia, Vertigo. *Gastroin system disorders:* Constipation, Vomiting. *Heart rate and rhythm disorders:* Fibrillation atri *and biliary system disorders:* Hepatic enzymes increased. *Metabolic and nutritional disorders* hyperuricemia, non-protein nitrogen (NPN) increased. *Musculo-skeletal system disorders:* Arthrosis. *Platelet, bleeding & clotting disorders:* GI hemorrhage, hematoma, platelets decr *Psychiatric disorders:* Anxiety, Insomnia. *Red blood cell disorders:* Anemia. *Respiratory syst orders:* Pneumonia, Sinusitis. *Skin and appendage disorders:* Eczema, Skin ulceration. *Urin tem disorders:* Cystitis. *Vision disorders:* Cataract, Conjunctivitis. Other potentially serious events which may be of clinical interest but were rarely reported (< 1%) in patients who r PLAVIX are listed below regardless of relationship to PLAVIX. In general, the incidence o events was similar in the aspirin group. *Body as a whole:* Allergic reaction, necrosis isch *Cardiovascular disorders:* Edema generalized. *Gastrointestinal system disorders:* Gastric ulc forated, gastritis hemorrhagic, upper GI ulcer hemorrhagic. *Liver and Biliary system dis* Bilirubinemia, hepatitis infectious, liver fatty. *Platelet, bleeding and clotting disorders:* hemarth hematuria, hemoptysis, hemorrhage intracranial, hemorrhage retroperitoneal, hemorrhage of p tive wound, ocular hemorrhage, pulmonary hemorrhage, purpura allergic, thrombocytopen *blood cell disorders:* Anemia aplastic, anemia hypochromic. *Reproductive disorders,* Menorrhagia. *Respiratory system disorders:* Hemothorax. *Skin and appendage disorders:* eruption, rash erythematous, rash maculopapular, urticaria. *White cell and reticuloendothel tem disorders:* Agranulocytosis, granulocytopenia, leukemia, leukopenia, neutrophils decrea

Postmarketing Experience: The following events have been reported spontaneously from w postmarketing experience; very rare cases of hypersensitivity reactions including angioedema chospasms, and anaphylactoid reactions. Suspected thrombotic thrombocytopenic purpura (TTP) h reported as part of the worldwide postmarketing experience, see **WARNINGS**.

OVERDOSAGE: One case of deliberate overdosage with PLAVIX (clopidogrel bisulfate) was ed in the large, controlled clinical study. A 34-year-old woman took a single 1,050-mg PLAVIX (equivalent to 14 standard 75-mg tablets). There were no associated adverse even special therapy was instituted, and she recovered without sequelae. No adverse events were ed after single oral administration of 600 mg (equivalent to 8 standard 75-mg tablets) of PL healthy volunteers. The bleeding time was prolonged by a factor of 1.7, which is similar to t ically observed with the therapeutic dose of 75 mg of PLAVIX per day. A single oral dose o dogrel at 1500 or 2000 mg/kg was lethal to mice and to rats and at 3000 mg/kg to ba Symptoms of acute toxicity were vomiting (in baboons), prostration, difficult breathing, an trointestinal hemorrhage in all species.

Recommendations About Specific Treatment: Based on biological plausibility, platelet tran may be appropriate to reverse the pharmacological effects of PLAVIX if quick reversal is req

DOSAGE AND ADMINISTRATION: The recommended dose of PLAVIX is 75 mg once daily without food.

Manufactured by:
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Distributed by:
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Poseable Dinosaur

What you need: 6 chenille stems ■ 5 cotton balls ■ ⅛ yard of fabric scrap ■ Craft glue ■ A pair of doll eyes ■ 1½-inch scrap of chenille stem folded into teeth shape



1. To make the frame of the dinosaur, start with three chenille stems. For the head, place a cotton ball about 2 inches below the top of the stems. Fold the stems down to trap the cotton ball. Twist the three stems together at the base of the head. 2. Separate the three stems and then place the four remaining cotton balls in between them. Bring all three stems together below the cotton balls and twist stems together to hold the dinosaur's stomach in place. 3. To make the tail, fold a fourth stem in half. The folded loop becomes the end of the tail. Twist the open ends of the tail together with the ends of the body stems. 4. Each of the remaining two stems will form two legs. Bend a stem in half and bring the ends together, meeting at the center of stem. The two loops become the dinosaur legs. Twist the center of each leg piece under and around one of the chenille stems holding the stomach in place. Make the other two legs by repeating these steps. 5. Cut seven long strips of fabric about ½-inch wide. To start wrapping the feet, tail, or head, first tuck the end of the fabric into the looped chenille stem. Continue wrapping the entire length of fabric strip. You may need to glue fabric end down. 6. After covering the entire frame, glue on the doll eyes. Glue the chenille stem teeth in place.



continued on page 276

The Bitter Life of a Real Sweetie

Crispy opens up after almost three years of silence.



I hope people have TiVo and zip right by them," says Crispy of his new ads.

If the bright blue bag wasn't enough, three years ago Crispy starred in five different "M&M's"® commercials. "I was groped by this saucy woman twice, mocked by a sitcom co-star and I pretty much received a death threat from this other guy," says Crispy. "I figured if I didn't mention the crispy center and milk chocolate for a while, people would sort of forget about me." Good luck. With two new TV ads and several planned public appearances, Crispy's incognito days are over. Distressed that he can't *(cont'd)*

Photography by Michael McLaughlin

"The less people know about me, the better. Unfortunately, my company doesn't share that view," says Crispy.

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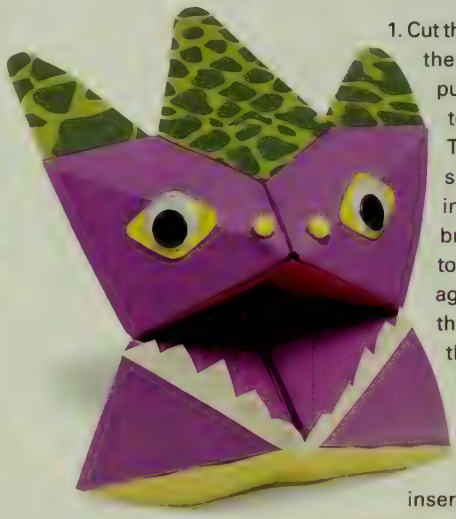
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Dino-Mite continued from page 274



Cootie-Catcher Dinosaurs

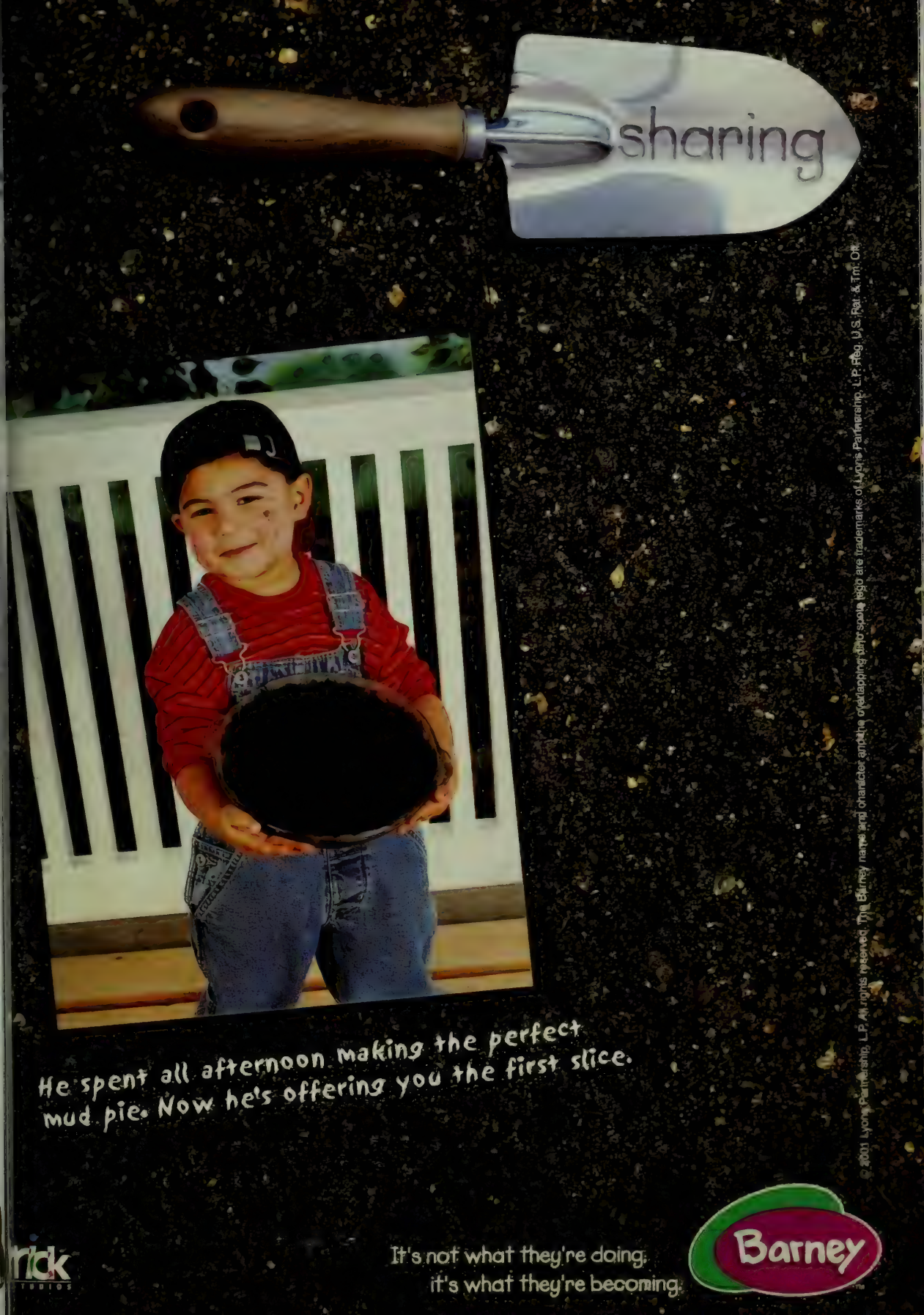
What you need: 8½x11-inch colored paper ■ Patterned paper scraps ■ 2 movable eyes ■ 2 small pom-poms ■ Glue stick and craft glue



1. Cut the paper into a square. The larger the square, the larger the final puppet will be. 2. Pinpoint the center of your square by prefolding. To do this, bring two opposite sides together to fold the square in half. Unfold the paper and bring the remaining two sides together, folding the square in half again. Unfold the paper and bring the four corners to the center of the creased square. 3. Flip this smaller square over and fold each of the four corners into the center. 4. Fold this even smaller square in half and insert a thumb and forefinger into each of the four outer pockets. 5. Glue the two top pockets and two bottom pockets together. 6. Cut paper horns, armor plates, and teeth out of colored and patterned paper scraps. Glue the pieces in place, along with the movable eyes and pom-pom nostrils.

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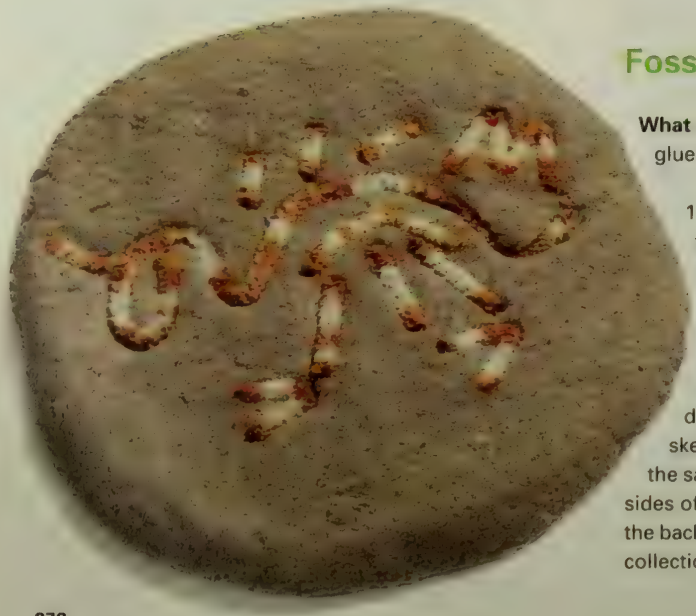
continued from page 276



Dinosaur Eyes

What you need: 2 small plastic-foam balls ■ Chenille stem ■ Craft foam ■ 2 movable eyes ■ Scissors and glue

1. Bend a 2½-inch piece of chenille stem into a U-shape. 2. Dip each end of the chenille stem in glue and place an end in each plastic-foam ball. 3. Cut craft foam to make dinosaur head features, such as plates, spikes, and horns (see photos). 4. To attach these to the plastic-foam ball eyes, use the tip of a pencil to make a groove in the plastic foam. Place the glue in the groove, then add the craft-foam piece. Also, notch foam pieces as necessary to fit together. 5. Glue a circle of craft foam to each eye. Next, glue a movable eye on the front of the craft-foam circle.



Fossilized Skeleton

What you need: 1½ cup sand ■ 6 to 8 tablespoons white glue ■ White chenille stem ■ Scissors ■ Paintbrush

1. Mix 1½ cups sand with glue. Add the glue a tablespoon at a time. Use your hands to mix. Keep adding glue until the mixture resembles thick mud. Form into a ball. 2. Place on waxed paper and flatten ball with your palm until about ½ inch thick. 3. Cut the chenille stem into small pieces. Arrange the pieces on a flat surface to make a dinosaur skeleton. 4. When you are pleased with the skeleton, move it to the clay. Press the "bones" into the sand. 5. Brush white glue onto the skeleton top and sides of the fossil. Let dry. Turn the fossil over and brush the back with glue. When dry, fossil is ready to add to your collection, or use it as a paperweight.



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Buying information

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available—Ralph Lauren Store; for more information call Debra Martinson at 612/338-7000. **Paint,** 201860—Benjamin Moore; for a dealer near you call 800/826-2623; www.benjaminmoore.com.

Pages 170-171 (*right*): wallpaper, Oxford Strip (pink)—Ralph Lauren Store; for more information call Debra Martinson at 612/338-7000.

Pages 172-173 (*right*): wallpaper, similar styles available—Ralph Lauren Store; for more information call Debra Martinson at 612/338-7000. **Wicker chair,** similar styles available— Pier 1 Imports; for a store near you call 800/447-4371; www.pier1.com.

Pages 174-175 (*left*): bed coverlet, Georgia (white)—Laura Ashley Home; for a retailer near you call 800/367-2000; www.laura-ashleyusa.com. **Fabric for bedskirt and pillow shams,** 233 270 "Sycamore" (rose/white)—Laura Ashley Home; for a retailer near you call 800/367-2000; Web site: www.laura-ashleyusa.com.(***Bottom right*): decorative paint on table and chair**—Alison Schmitz; 612/821-9487.

Page 176 (*bottom*): window fabric; bed linen—Ralph Lauren Store; for more information call Debra Martinson; 612/338-7000.

Rooms for Sun Days

Pages 179-181: windows, doors—Marvin Windows & Doors; 888/537-8268. **Slate floor** (French Vanilla)—Tithof Tile & Marble, Inc., 1657 Old Skokie Rd., Highland Park, IL 60035; 847/831-3444. **Wicker furniture and fabric**—Lloyd/Flanders Ind., Inc., P.O. Box 550, Menominee, MI 49858; 800/526-9894. **Round table between two chairs** (available only through professionals)—Decorators Walk, 245 Newtown Rd., Plainview, NY 11803; 516/249-3100. **Antique floor lamp and glass coffee table**—homeowners' personal belongings.

Pages 182-184: wicker furniture—Ethan Allen, Inc.; for store locations call 800/743-8272. **Wrought iron/glass tables and sisal rug**—Pier 1 Imports; 800/447-4371; www.pier1.com. **Lamp with blue base**—Nebraska Furniture Mart, 700 S. 72nd St., Omaha, NE 68114; 402/397-6100. **Roof trusses**—Timberweld Mfg., Box 21000, Billings, MT 59104; 800/548-7069. **Insulated roof sheathing,** "ThermalCal"— Cornell, P.O. Box 338, Cornell, WI 54732; 715/239-6411. **Ceiling fan,** "Lady Delta, #16999D" with B568 blades (Off-White)—Casablanca Fan Co., 761 Corp. Center Dr., Pomona, CA 91768; 888/227-2178. **Doors and windows**—Andersen Windows, Inc.; 800/426-4261; www.andersenwindows.com. **Flooring,** "Iron Rock 4x8, #350 Harvard Square" with natural grout—Metropolitan Tile, 1201 Millerton St. SE, P.O. Box 9240, Canton, OH 44711-9240; 877/946-7396. **Molding,** "Acanthus Onlay, #ONL-AH6" (Maple)—Raymond Enkeboll Designs, 16506 Avalon Blvd., Carson, CA 90746; 800/745-5507. **Interior track lighting**—Juno Lighting, P.O. Box 5065, Des Plaines, Il 60017-5065; 800/367-5866. **Exterior lighting**—Hinkley Lighting, 12600 Berea Rd., Cleveland, OH 44111-1632; 800/446-5539. **Heating and cooling system**—General Electric, Nela Park, 1975 Noble Rd., Cleveland, OH 44112; 216/266-2121. **Dishes, goblets, flatware**—The Pfaltzgraff Co., 140 E. Market St., York, PA 17401; 800/499-1976.

Reader Shopping

Page 112: Creating a Low-Allergen Garden—Advantage Publishers Group, Laurel Glen Publishing, 5880 Oberlin Dr., San Diego, CA 92121-9653.

Page 126: Editor's Choice: Iris pallida Albo-Variegata—K. Van Bourgondien & Sons, 245 Route 109, Babylon, NY 11702-0598.

Page 156: Long-Blooming Perennials Garden—Carroll Gardens, 444 East Main St., Westminster, MD 21157.

Page 214: Graduated Cookie Cutter Sets—Ateco/August Thomsen Co., 36 Sea Cliff Dr., Glen Cove, NY 11542.

architects & designers

Built-Ins for Snug Spaces

Page 58 (*top*): architect—David Hale, 374 Brannan St., San Francisco, CA 94107; 415/882-7252. **Interior designer**—Jacques Saint Dizier, ASID, Saint Dizier Designs, 6471 Old Trenton Rd., Forestville, CA 95436; 707/573-8911. **(*Bottom*): interior designer**—Polly Jones, 1212 Sixth Ave., Coronado, CA 92118; 619/435-8976.

Pages 60-61 (*left*): architect—Nearing Stats Prelogan & Jones, AIA, Architects, 5400 W. 61st Pl., Overland Park, KS 66205. **Contractor**—Harry Alcorn Jr., 14513 W. 60th Pl., Shawnee, KS 66216. **Bath designer**—Cherie Brown, Kitchens by Kleweno, 4034 Broadway, Kansas City, MO 64111; 816/531-3968. **Interior designer**—Diana Ingham, ASID, Hobson Interiors, 400A Barnisten, Kansas City, MO 64131. **(*Right*): designer**—Cathy Gaspar, 2016 E. Republican St., Seattle, WA 98112; 206/324-8199. **Cabinetmaker**—Pete's Cabinets, 1303 E. Casino Rd., Everett, WA 98203; 425/745-1053. **Builder**—Gaspar's Construction, Inc., 2016 E. Republican St., Seattle, WA 98112; 206/324-8199.

Page 62: interior designer—Bob Endres, Perlmutter-Freiwald Inc., 32620 Franklin Rd., Franklin, MI 48025; 248/626-8823.

Close-Quarters Kitchen

Pages 66-68: kitchen designer—Lisa McCauley, McCauley Design, 221 Park Ave., Barrington, IL 60010; or call 847/381-2742. **General contractor/ builder**— Clisby Jarrard, Jr., Jarrard Remodeling Inc., 510 Concord Lane, Barrington, IL 60010; 847/381-4764.

Fabulous Facelifts

Page 72: architect—Doug Walter Architects, 280 Columbine St., Suite 205, Denver, CO 80206; 303/320-6916. **Contractor**—Dennis Palmer, Performax, P.O. Box 131, Parker, CO 80134; 303/841-5653.

Page 74: architect—Doug Walter Architects (address above). **Contractor**—Tom Owens, Creative Remodeling, P.O. Box 460095, Aurora, CO 80046; 303/617-3030.

Page 76: architect—Doug Walter Architects (address above). **Contractor**—Steve Turner, Coggeshall Construction, 1062 S. Gaylord St., Denver, CO 80209; 303/777-0894.

Page 78: architect—Doug Walter Architects (address above). **Contractor**—Chris Cella, Spectrum General Contractors, 5135 E. 38th Ave., Denver, CO 80207; 303/329-8003. **Exterior color consultant**—James Martin, The Color People; 800/541-7174.

Four-in-One Home Office

Pages 81-82: architect; cabinet design—David Hale, Architect, 374 Brannan St., San Francisco, CA 94107; 415/882-7252. **Cabinetmaker**—California Woodworking, 2555 Geneva Ave., Daly City, CA 94014; 415/586-6420.

From Bare to Beautiful

Pages 128-143: garden designer—Ann L. Hutchins, Garden Designs by Ann Hutchins, 3909 River Oaks Dr., Des Moines, IA 50312; 515/274-5381.

Let's Play House

Pages 167-176: interior designer—Debra Martinson, ASID; 612/338-7000. **Decorative painter**—Alison Schmitz; 612/821-9487.

Rooms for Sun Days

Pages 179-181: architects—Nancy and Richard Becker, Becker Architects Ltd., 595 Elm Pl., Ste. 225, Highland Park, IL 60035; 847/433-6600. **Contractor**—Eriksen Armstrong Corp., 714 Nansen Pl., Park Ridge, IL 60068; 847/692-6544. **Interior designer**—Marilynn Davis, ASID, Marilynn Davis Interiors, 2881 Summit Ave., Highland Park, IL 60035; 847/432-3597.

Pages 182-184: builder—Michael C. Johnson, D.A. Boswell Co., Building and Remodeling, 2546 S. Hwy. 30, Blair, NE 68008; 402/533-1010. **Photo stylists**—Melanie Parks and Mary Conlow, Blendings, 4502 Harwood Dr., Des Moines, IA 50312; 515/279-9491 or 515/255-3044.

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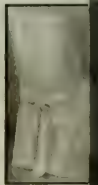
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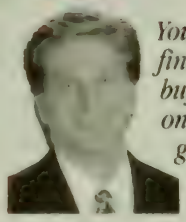
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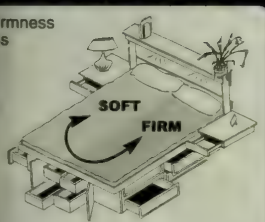
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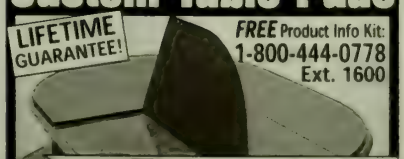
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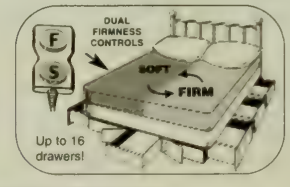
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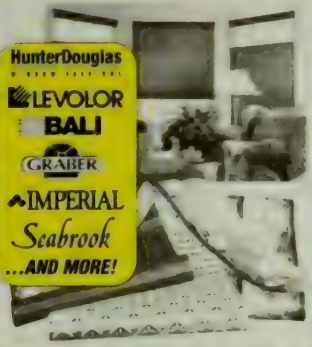
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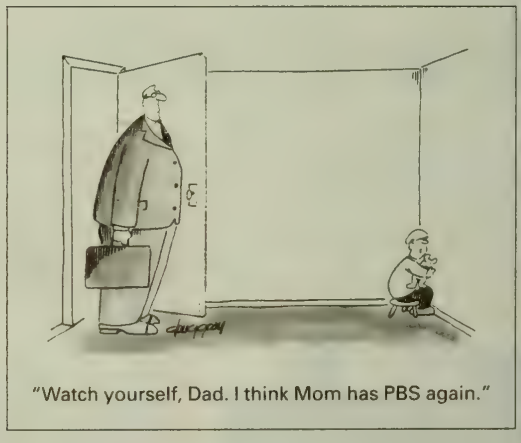
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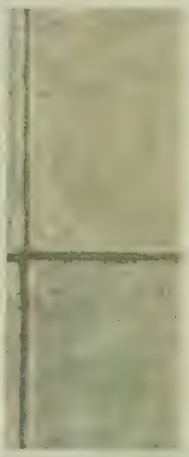
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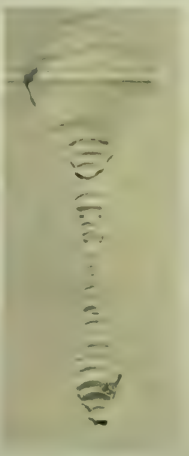
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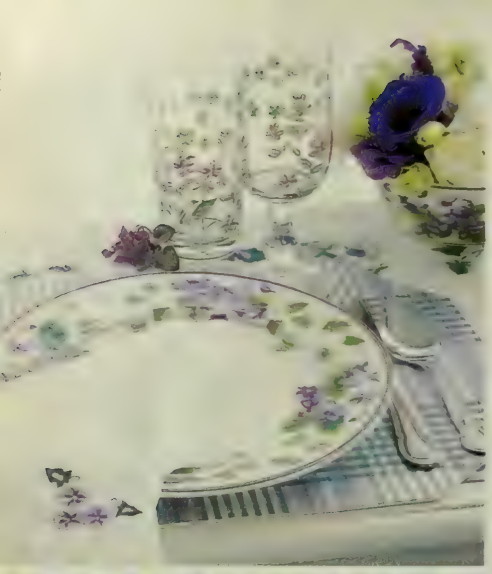


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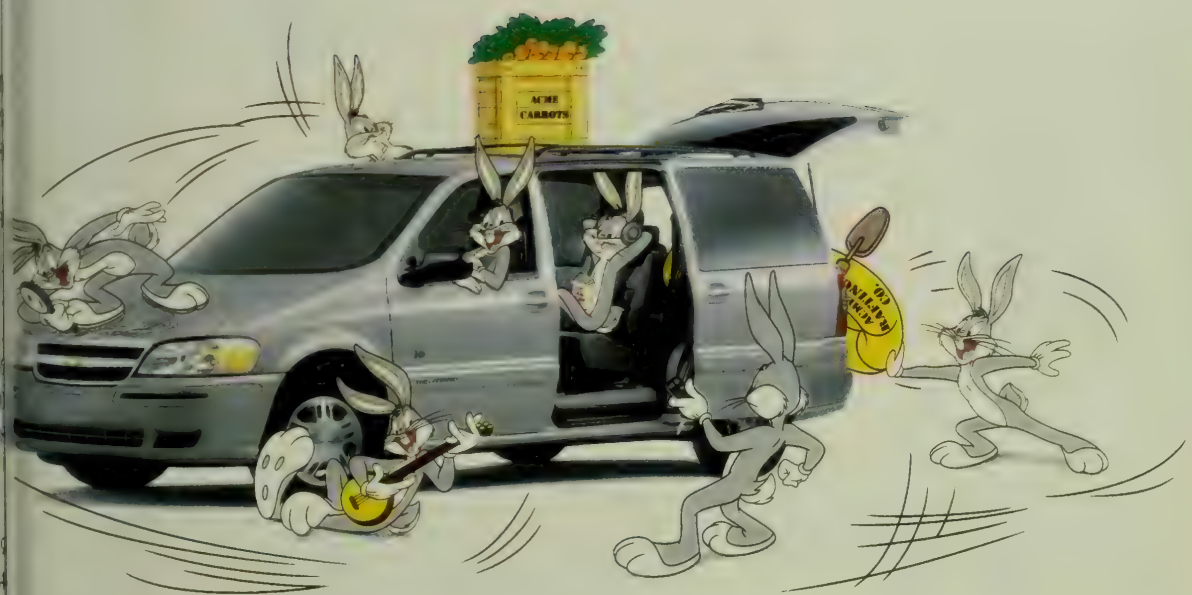


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May Day is an international holiday that originated in ancien Europe. It was a festive holy day celebrating the first spring planting The ancient Celts and Saxons observed May 1 as Beltane—the da of fire—in honor of Bel, the Celtic god of the sun. Games and feasting marked the end of winter, the return of the sun, and the fertility of the soil. This month the *Better Homes and Gardens*® Television show turns up the heat for our own sun celebration. Host Jeanette Trompeter meets some "hot" chefs and prepares terrific recipes.



Weekend of May 5–6. Jeanette is in **Maine** with chef Brooks MacDonald, who shows us how to easily pick the meat from a lobster and then turn it into a most amazing lobster lasagna with fresh asparagus. From gardening expert Chris Dawson, we'll learn an easy way to bring nature right into our backyard by creating a colorful butterfly garden.

Weekend of May 12–13. Jeanette travels to historic **Taos, New Mexico**, to visit a small local restaurant that's become a national legend: Joseph's Table. Proprietor and chef Joseph Wrede will be fixing some of his famous risotto cakes covered with portobello mushroom syrup. And Chris will show us how a winding path and some colorful perennials helped turn a plain garden into a beautiful Victorian-style walkway.

Weekend of May 19–20. South Haven, **Michigan**, is the blueberry capitol of the world. Jeanette visits **South Haven's** popular Yelton Manor Bed & Breakfast, where owner Elaine Herbert makes a stuffed French toast breakfast that features—what else?—fresh blueberries. Out in the garden, we'll see how easy it is to grow blueberries right at home.

Weekend of May 26–27. Many of us are discovering the joy of using fresh herbs. Jeanette travels to **Seattle** to meet Jerry Traunfeld, executive chef of The Herbfarm restaurant. Jerr makes an irresistible pumpkin-bay tart, using fresh pumpkin and bay leaves. Chris will show us how to enjoy the beauty of spring bulbs during the winter. And we'll learn about ways to create the bath or bedroom of our dreams.

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between friends



ANDY LYONS

Most of the important things I've learned in life—about caring, giving, being strong—I've learned from women. This being May and Mother's Day month, please indulge me as I pay tribute to some special women who have taught me valuable life lessons.

My maternal grandmother died when I was only nine. But in those few short years, I learned women can be strong and still gentle. This homesteading widow raised three children on an isolated farm in Northern Minnesota, yet she showed me how to be quiet, patient, and contemplative when one's years are greater than one's physical strength. And she taught me a Norwegian saying, "*Han som er spar, han noe har.*" Roughly translated, this means: If you save, you always have something.

My mother, another strong woman, taught me how to be self-sufficient. Her words to me were, "You can do anything you make up your mind to do—with God's help."

My daughter taught me that I could survive as a single parent to a teenager…impossible as it seemed at the time. But she also taught me the depth of unconditional love only a parent can feel for a child.

There have been other women from whom I've learned too. There is a pastor's wife who has been my role model for years. Lois is a truly kind, generous soul who seems to glow with an enviable serenity. And there was my friend Annie, who was like a sister to me. Annie taught me that it's possible to be brave and good-natured no matter how severe the pain or how imminent the end.

On Mother's Day I'll celebrate all these special women who have touched my life with gifts of wisdom. I'll reflect on what each has taught me—and hope that I've learned their lessons well.

Jean

Jean LemMon, *Editor in Chief*


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family network

A Mother's Day gift that lasts

A few years ago for Mother's Day, I gave my mom a small canvas bag with "You're the Greatest Mom" painted on it. Inside, I placed many folded pieces of paper starting with the words, "You're the greatest mom because you...." I completed each sentence with things she'd done and said, and examples she'd set for me. She told me she still goes to her "greatest mom" bag every time she needs an emotional boost.

Kathy Browning
Virginia Beach, Va.

Leftover decorations spark "crazy party" theme

My 14-year-old daughter and her friend found a drawer full of leftover party goods and held a "crazy party" with dinosaur hats, Valentine cups, 40th birthday napkins, and Christmas plates. The girls served their guests a variety of food, and everyone dressed up in crazy outfits. They played several popular party games, but mixed up their rules.

Cindy Lund
Valley Center, Calif.

'But it's my turn!'

Parents often have children take turns to be first at things like picking a dessert or choosing a movie. We put a twist on this method. Whoever gets first choice for favorite things has to be first to take a bath, brush teeth, etc. This completely stopped their "But it's my turn!" arguments.

Gaynell B. Barras
Loreauville, La.

Homework strategy works for boy with Attention Deficit Disorder

I am the mother of a 10-year-old with Attention Deficit Hyperactive Disorder. To get him to do his homework, we allow him one hour of play after school. Then we set the timer and he studies for 15 minutes. After a 20-minute break, he studies 15 more minutes, then takes another break. Now the homework gets done without a hassle.

Sandy Ferguson
Ottumwa, Iowa

Make genealogy research a family affair

Researching my family history proved time-consuming. To speed up the process, I involved my extended family. Each aunt, uncle, cousin, and their families picked a different ancestor to research. Now during family gatherings we share any information we've found. This has brought us closer together.

Sherry Thompson
Nashville, Tenn.

Crafts without the mess

My boys enjoy crafts, but I don't want a big mess. Origami is the solution. Folded paper projects keep them busy, and the shapes can be decorated with stickers and metallic gel pens. They use their art for thank-you notes, birthday cards, Valentines, or Christmas greetings.

Pam Del Castillo
Overland Park, Kan.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens*® Magazine, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine. We will pay $50 for each idea published if you provide your Social Security number.

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And the dust, and the dirt,

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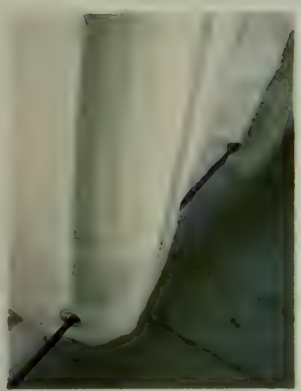
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Good design sense doesn't shut off when you step outdoors. Chances are you've had a few decorating ideas cross your mind as you cross the lawn. Let these projects kick-start

Decorating the Outdoors

a spruce-up of your most popular summertime spaces: the porch, deck, and yard.

Frame a private dining spot on the porch with colorful curtains that add style while screening glare and breezes. Stitched from durable outdoor fabric, the curtains are double-hemmed at top and bottom, and then punched with grommets. We hung the panels with cable curtain hardware normally used indoors; wire and screw eyes also would work, but stay away from using wood poles, which can warp. Flexible windshield-washer-fluid tubing (available at hardware stores) gently holds the bottom of the curtains in place (*above*, *left*).

continued on page 27


They'll drink it if they know what's good for them. Chocolate milk has the same 9 essential nutrients as regular milk and is a more nutritious treat than soft drinks. Tell your kids. They're all ears.
got milk?

continued from page 25





Chat Room

A painted "area rug" (*right*) gives this deck a visual anchor to create a conversation grouping with furniture. The graphic pattern (*above*) was carefully measured and sketched before being painted freehand. You could use stencils for a similar look.

Without any smoke and mirrors, designers are able to work magic with area rugs. They slip the floor coverings in whenever they need to give definition to a cozy seating area. The same trick works outdoors on a porch, patio, or deck. Rather than scatter the rocker and chairs to the four winds, cluster them in conversation groupings, on a painted "area rug." For this deck, we picked a bold, graphic floral and crosshatch pattern (*above*) to fit the cottagey theme of the wicker and Adirondack furniture. We sanded, primed, and painted the wood surface using solid-color, oil-base exterior stain, which will withstand light foot traffic. To order a stencil package for this project, see *page 34*.

continued on page 30

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P.O. Box 3020 • Langhorne, PA 19047-9120

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continued from page 27



A Roof Over Your Head

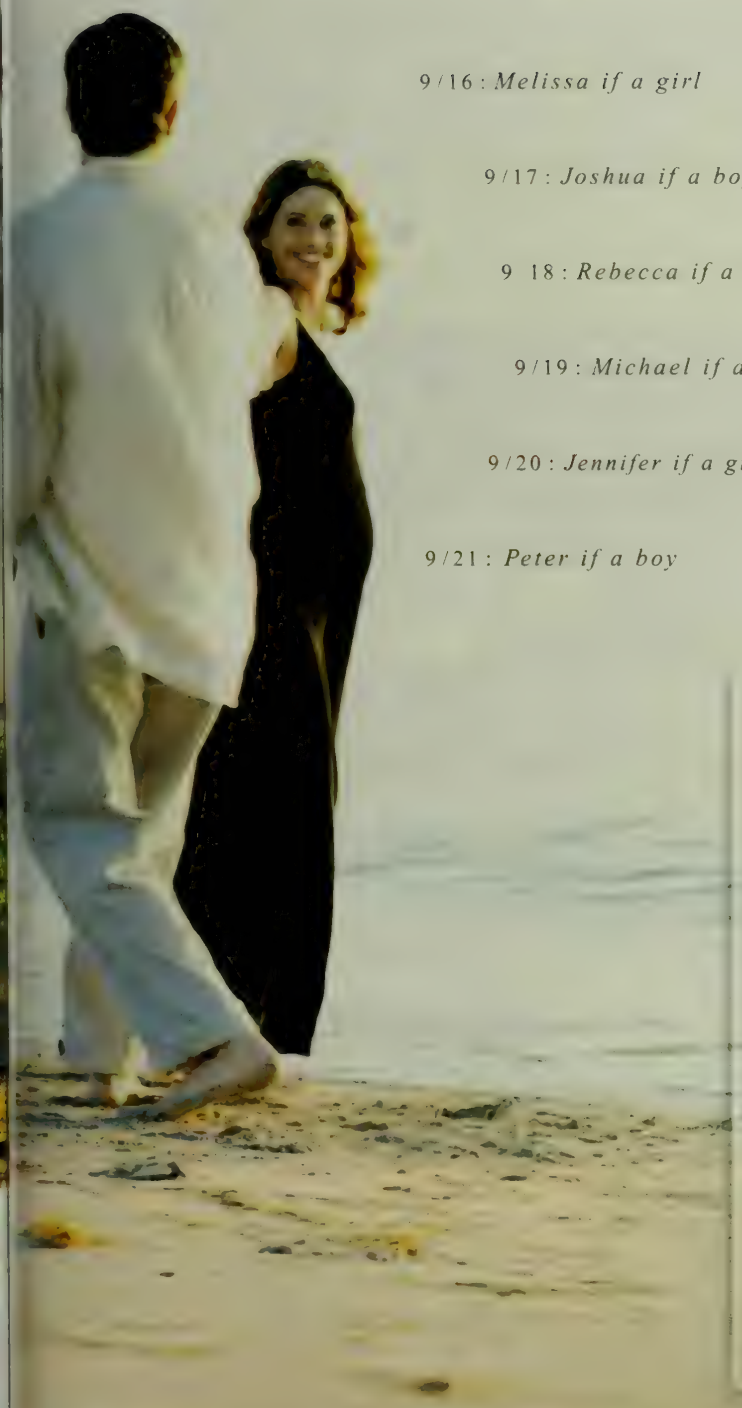
Get away from the heat of the kitchen by setting up camp under a transportable canopy with bug-discouraging sides (*right*). Lanterns, hung from wire through center grommets, shed chandelierlike light.



Stake your claim out of doors with this easy-sew tent that can be set up anywhere you have a high-hanging tree limb. An outdoor fabric, with its ability to resist rain and fading, is a wise choice for the canopy . Sew 9-foot-long panels of 54-inch-wide fabric to make two 9-foot squares. Place the squares wrong sides together and stitch around the perimeter. Two grommets in each corner and four in the center let you thread rope to hang the canopy, which is propped at the corners by lightweight plumbing pipe poles. Attached with hook-and-loop fastening tape, the sheer, inexpensive tulle side panels add romance.

continued on page 32

For complete sewing instructions, visit our Web site at www.bhg.com/extra



9/16 : *Melissa if a girl*

9/17 : *Joshua if a boy*

9 18 : *Rebecca if a girl*

9/19 : *Michael if a boy*

9/20 : *Jennifer if a girl*

9/21 : *Peter if a boy*

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continued from page 30



Immediate Seating

Make a small investment and a big splash with unfinished furniture painted boldly for a festive outdoor dining spot (*right*). The top of the table is crackle-coated for interest (*above*). You can use exterior paints with the crafts-store crackle medium as long as you choose the water-base variety.



No matter what your horticultural skill level, you can make a garden bloom in your yard with this bright-as-a-flower eating spot. Red carnations, yellow daisies, and blue violets inspired the color palette, which ties together an unfinished table and benches, two flea-market chairs, and a bold umbrella. To paint unfinished furniture for the outdoors, use exterior primer and paint, and coat the surfaces with an oil-base sealer after the paint dries. This will be protective, but it's still wise to move the furniture under cover when it rains and indoors when winter arrives.

Buying information, page 79



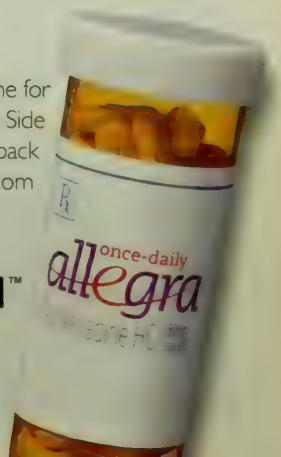
Allergy Season?



Allegra Season!

sonal allergies can make you feel miserable. Only once-daily Allegra 180 mg tablets have fexofenadine for lasting, non-drowsy allergy relief, so you can feel more like yourself again. For people 12 and older. Side ts with Allegra 180mg are low and may include headache, upper respiratory tract infection and back Please see additional important information on the next page. 1-800-ALLEGRA www.allegra.com your doctor or pharmacist now for more information.

Enjoy your world™



Brief Summary of Prescribing Information as of February 2000

ALLEGRA

(fexofenadine hydrochloride)

Capsules and Tablets

INDICATIONS AND USAGE

Seasonal Allergic Rhinitis

ALLEGRA is indicated for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 6 years of age and older. Symptoms treated effectively were sneezing, rhinorrhea, itchy nose/palate/throat, itchy/watery/red eyes.

Chronic Idiopathic Urticaria

ALLEGRA is indicated for treatment of uncomplicated skin manifestations of chronic idiopathic urticaria in adults and children 6 years of age and older. It significantly reduces pruritus and the number of wheals.

CONTRAINDICATIONS

ALLEGRA is contraindicated in patients with known hypersensitivity to any of its ingredients.

PRECAUTIONS

Drug Interaction with Erythromycin and Ketoconazole

Fexofenadine hydrochloride has been shown to exhibit minimal (ca. 5%) metabolism. However, co-administration of fexofenadine hydrochloride with ketoconazole and erythromycin led to increased plasma levels of fexofenadine hydrochloride. Fexofenadine hydrochloride had no effect on the pharmacokinetics of erythromycin and ketoconazole. In two separate studies, fexofenadine hydrochloride 120 mg twice daily (two times the recommended twice daily dose) was co-administered with erythromycin 500 mg every 8 hours or ketoconazole 400 mg once daily under steady-state conditions to normal, healthy volunteers (n=24, each study). No differences in adverse events or QT_c interval were observed when patients were administered fexofenadine hydrochloride alone or in combination with erythromycin or ketoconazole. The findings of these studies are summarized in the following table:

Effects on steady-state fexofenadine hydrochloride pharmacokinetics after 7 days of co-administration with fexofenadine hydrochloride 120 mg every 12 hours (two times the recommended twice daily dose) in normal volunteers (n=24)

Concomitant Drug	C_{max} (Peak plasma concentration)	$AUC_{(0-12hr)}$ (Extent of systemic exposure)
Erythromycin (500 mg every 8 hrs)	+82%	+109%
Ketoconazole (400 mg once daily)	+135%	+164%

The changes in plasma levels were within the range of plasma levels achieved in adequate and well-controlled clinical trials.

The mechanism of these interactions has been evaluated *in vitro*, *in situ*, and *in vivo* animal models. These studies indicate that ketoconazole or erythromycin co-administration enhances fexofenadine gastrointestinal absorption. *In vivo* animal studies also suggest that in addition to increasing absorption, ketoconazole decreases fexofenadine hydrochloride gastrointestinal secretion, while erythromycin may also decrease biliary excretion.

Drug Interactions with Antacids

Administration of 120 mg of fexofenadine hydrochloride (2 x 60 mg capsule) within 15 minutes of an aluminum and magnesium containing antacid (Maalox™) decreased fexofenadine AUC by 41% and C_{max} by 43%. ALLEGRA should not be taken closely in time with aluminum and magnesium containing antacids.

Carcinogenesis, Mutagenesis, Impairment of Fertility

The carcinogenic potential and reproductive toxicity of fexofenadine hydrochloride were assessed using terfenadine studies with adequate fexofenadine hydrochloride exposure (based on plasma area-under-the-concentration vs. time [AUC] values). No evidence of carcinogenicity was observed in an 18-month study in mice and in a 24-month study in rats at oral doses up to 150 mg/kg of terfenadine (which led to fexofenadine exposures that were respectively approximately 3 and 5 times the exposure from the maximum recommended daily oral dose of fexofenadine hydrochloride in adults and children).

In *in vitro* (Bacterial Reverse Mutation, CHO/HGPRT Forward Mutation and Rat Lymphocyte Chromosomal Aberration assays) and *in vivo* (Mouse Bone Marrow Micronucleus assay) tests, fexofenadine hydrochloride revealed no evidence of mutagenicity.

In rat fertility studies, dose-related reductions in implants and increases in postimplantation losses were observed at an oral dose of 150 mg/kg of terfenadine (which led to fexofenadine hydrochloride exposures that were approximately 3 times the exposure of the maximum recommended daily oral dose of fexofenadine hydrochloride in adults).

Pregnancy

Teratogenic Effects: Category C. There was no evidence of teratogenicity in rats or rabbits at oral doses of terfenadine up to 300 mg/kg (which led to fexofenadine exposures that were approximately 4 and 31 times, respectively, the exposure from the maximum recommended daily oral dose of fexofenadine in adults). There are no adequate and well controlled studies in pregnant women. Fexofenadine should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nonteratogenic Effects. Dose-related decreases in pup weight gain and survival were observed in rats exposed to an oral dose of 150 mg/kg of terfenadine (approximately 3 times the maximum recommended daily oral dose of fexofenadine hydrochloride in adults based on comparison of fexofenadine hydrochloride AUCs).

Nursing Mothers

There are no adequate and well-controlled studies in women during lactation. Because many drugs are excreted in human milk, caution should be exercised when fexofenadine hydrochloride is administered to a nursing woman.

Pediatric Use

The recommended dose in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adults and pediatric patients and on the safety profile of fexofenadine hydrochloride in both adult and pediatric patients at doses equal to or higher than the recommended dose.

The safety of ALLEGRA tablets at a dose of 30 mg twice daily has been demonstrated in 438 pediatric patients 6 to 11 years of age in two placebo-controlled 2-week seasonal allergic rhinitis trials.

The safety of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adult and pediatric patients and on the safety profile of fexofenadine in both adult and pediatric patients at doses equal to or higher than the recommended dose.

The effectiveness of ALLEGRA for the treatment of seasonal allergic rhinitis in patients 6 to 11 years of age was demonstrated in one trial (n=411) in which ALLEGRA tablets 30 mg twice daily significantly reduced total symptom scores compared to placebo, along with extrapolation of demonstrated efficacy in patients ages 12 years and above, and the pharmacokinetic comparisons in adults and children. The effectiveness of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on an extrapolation of the demonstrated efficacy of ALLEGRA in adults with this condition and the likelihood that the disease course, pathophysiology and the drug's effect are substantially similar in children to that of adult patients.

The safety and effectiveness of ALLEGRA in pediatric patients under 6 years of age have not been established.

Geriatric Use

Clinical studies of ALLEGRA tablets and capsules did not include sufficient numbers of subjects aged 65 years and over to determine whether this population responds differently from younger patients. Other reported clinical experience has not identified differences in responses between the geriatric and younger patients. This drug is known to be substantially excreted by the kidney, and the risk of toxic reactions to this drug may be greater in patients with impaired renal function. Because elderly patients are more likely to have decreased renal function, care should be taken in dose selection, and may be useful to monitor renal function. (See CLINICAL PHARMACOLOGY.)

ADVERSE REACTIONS

Seasonal Allergic Rhinitis

Adults. In placebo-controlled seasonal allergic rhinitis clinical trials in patients 12 years of age and older, which included 2461 patients receiving fexofenadine hydrochloride capsules at doses of 20 mg to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. All adverse events that were reported by greater than 1% of patients who received the recommended daily dose of fexofenadine hydrochloride (60 mg capsules twice daily), and that were more common with fexofenadine hydrochloride than placebo, are listed in Table 1.

In a placebo-controlled clinical study in the United States, which included 570 patients aged 12 years and older receiving fexofenadine hydrochloride tablets at doses of 120 or 180 mg once daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 1 also lists adverse experiences that were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at doses of 180 mg once daily and that were more common with fexofenadine hydrochloride than placebo.

The incidence of adverse events, including drowsiness, was not dose-related and was similar across subgroups defined by age, gender, and race.

Table 1

Adverse experiences in patients ages 12 years and older reported in placebo-controlled seasonal allergic rhinitis clinical trials in the United States

Twice daily dosing with fexofenadine capsules at rates of greater than 1%

Adverse experience	Fexofenadine 60 mg Twice Daily (n=679)	Placebo Twice Daily (n=671)
Viral Infection (cold, flu)	2.5%	1.5%
Nausea	1.6%	1.5%
Dysmenorrhea	1.5%	0.3%
Drowsiness	1.3%	0.9%
Dyspepsia	1.3%	0.6%
Fatigue	1.3%	0.9%

Once daily dosing with fexofenadine hydrochloride tablets at rates of greater than 2%

Adverse experience	Fexofenadine 180 mg once daily (n=283)	Placebo (n=293)
Headache	10.6%	7.5%
Upper Respiratory Tract Infection	3.2%	3.1%
Back Pain	2.8%	1.4%

The frequency and magnitude of laboratory abnormalities were similar in fexofenadine hydrochloride and placebo-treated patients.

Pediatric. Table 2 lists adverse experiences in patients aged 6 to 11 years of age which were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at a dose of 30 mg twice daily in placebo-controlled seasonal allergic rhinitis studies in the United States and Canada that were more common with fexofenadine hydrochloride than placebo.

Table 2

Adverse experiences reported in placebo-controlled seasonal allergic rhinitis studies in pediatric patients ages 6 to 11 in the United States and Canada at rates of greater than 2%

Adverse experience	Fexofenadine 30 mg twice daily (n=209)	Placebo (n=229)
Headache	7.2%	6.6%
Accidental Injury	2.9%	1.3%
Coughing	3.8%	1.3%
Fever	2.4%	0.9%
Pain	2.4%	0.4%
Otitis Media	2.4%	0.0%
Upper Respiratory Tract Infection	4.3%	1.7%

Chronic Idiopathic Urticaria

Adverse events reported by patients 12 years of age and older in placebo-controlled chronic idiopathic urticaria studies were similar to those reported in placebo-controlled seasonal allergic rhinitis studies. In placebo-controlled chronic idiopathic urticaria clinical trials, which included 726 patients 12 years of age and older receiving fexofenadine hydrochloride tablets at doses of 20 to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 3 lists adverse experiences in patients aged 12 years and older which were reported by greater than 2% of patients treated with fexofenadine hydrochloride 60 mg tablets twice daily in controlled clinical studies in the United States and Canada and that were more common with fexofenadine hydrochloride than placebo. The safety of fexofenadine hydrochloride in the treatment of chronic idiopathic urticaria in pediatric patients 6 to 11 years of age is based on the safety profile of fexofenadine hydrochloride in adults and adolescent patients at doses equal to or higher than the recommended dose (see Pediatric Use).

Table 3

Adverse experiences reported in patients 12 years and older in placebo-controlled chronic idiopathic urticaria studies in the United States and Canada at rates of greater than 2%

Adverse experience	Fexofenadine 60 mg twice daily (n=186)	Placebo (n=178)
Back Pain	2.2%	1.1%
Sinusitis	2.2%	1.1%
Dizziness	2.2%	0.6%
Drowsiness	2.2%	0.0%

OVERDOSAGE

Reports of fexofenadine hydrochloride overdose have been infrequent and contain limited information. However, dizziness, drowsiness, and dry mouth have been reported. Single doses of fexofenadine hydrochloride up to 800 mg (six normal volunteers at this dose level), and doses up to 690 mg twice daily for 1 month (three normal volunteers at this dose level) or 240 mg once daily for 1 year (234 normal volunteers at this dose level) were administered without the development of clinically significant adverse events as compared to placebo.

In the event of overdose, consider standard measures to remove any unabsorbed drug. Symptomatic and supportive treatment is recommended.

Hemodialysis did not effectively remove fexofenadine hydrochloride from blood (1.7% removed) following terfenadine administration.

No deaths occurred at oral doses of fexofenadine hydrochloride up to 5000 mg/kg in mice (110 times the maximum recommended daily oral dose in adults and 200 times the maximum recommended daily oral dose in children based on mg/m^2) and up to 5000 mg/kg in rats (230 times the maximum recommended daily oral dose in adults and 400 times the maximum recommended daily oral dose in children based on mg/m^2). Additionally, no clinical signs of toxicity or gross pathological findings were observed in dogs; no evidence of toxicity was observed at oral doses up to 2000 mg/kg (300 times the maximum recommended daily oral dose in adults and 530 times the maximum recommended daily oral dose in children based on mg/m^2).

Prescribing Information as of February 2000

Aventis Pharmaceuticals Inc.
(formerly Hoechst Marion Roussel, Inc.)
Kansas City, MO 64137, USA

US Patents 4,254,129; 5,375,693; 5,578,610

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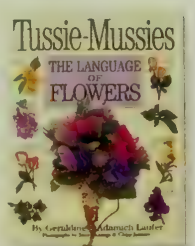
Deck Rug Stencil



Duplicate the Chat Room area rug ("Style in the Making," *page 27*) with our **Deck Rug Stencil Set.** Manufactured by Designer Stencils and available exclusively to the readers of *Better Homes and Gardens®* magazine (stencil not sold in stores), each six-part stencil set contains an outer border, the cross hatch design, a two-part large flower, and a two-part sma flower. Each section of the overall design measures abo 15×15 inches. The price of the stencil package is $29.9 which includes shipping, handling, and sales tax.

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Flower Language



Tussie-Mussies: The Language of Flowers is a complete and info mative guide to the graceful art speaking through flowers.

The 160-page softcover bo from Workman Publishing revie the lore and language of the swe smelling and symbolic flow arrangements first popularized Victorians. Instructions are included for choosing and cu ting flowers and greens, forming a handle, and creati the holder. The book also includes a glossary and ind of sentiments, plus color photos and assembly diagra for 60 themed tussie-mussies. The price of the book $25.95, which includes shipping, handling, and tax.

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Bulbs Bursting in Air

se an artful trio of prints to aw together elements of ur decor—like the bookcase d chair shown *below*. Begin hanging the first print low snuggle up to the arm of the air. Then add the other two, rtically, to complement the ıe of the bookcase.







This charming set of ready--hang prints is reproduced ɔm the artwork of Shelley ely and is available exclu-ely to the readers of *Better mes and Gardens*® magazine. ıe colors and textures of the iginal art come alive as a tterfly flutters near the rple lily (*top, right*), a agonfly swoops toward the llow and white daffodils *nter, right*), and the proud d poufed allium stands alone *ttom, right*). Each print is uble-matted with a taupe ıer mat and a mottled cream ter mat, mounted under glass, and framed in brass-ned wood. The overall size of each framed print is out 12½×12½ inches. From Art in Motion, the set is 4.95,which includes shipping, handling, and tax. ⌂



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With Love on Mother's Day!

Sunday - May 13th





Give Mom a *Sampler!*™

An American Tradition

Since 1842

by Catherine Kramer and Sarah Egge

tussie-mussies



Simply put, a tussie-mussie is a small bouquet. But the Victorians combined the scent and beauty of flowers and herbs with language, and elevated the tussie-mussie to a mode of communication. These examples will give you some ideas of how and where to use tussie-mussies. Then we'll show you how to make your own bouquet.

continued on page 38


Natural Aloe
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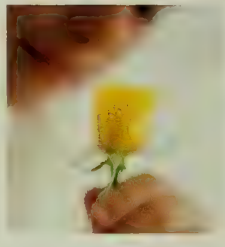
Tussie-Mussies

continued from page 36





The heavenly scented FREESIA (*above*) in a daughter's bouquet conveys innocence.



For a son's tussie-mussie, we selected YELLOW ROSES (*above*), which mean friendship. Roses can mean everything from love to beauty to congratulations.

Tussie-mussies come in a variety of shapes and sizes, but most com monly, they are small enough to be held in your hand. Their size mak them charming additions to a special dinner. Put bouquets in a vas at each place setting, so flowers will be fresh for guests to take hom

Have fun creating a tussie-mussie for each family membe or guest, using blooms that might describe their individu characteristics: dignified for a father, gracious host for a mothe innocence for a daughter, or friendly for a son.

The meanings historically given to flowers vary depending on yo source of information, and we found that one flower often h several different definitions. Select flowers that not only impart yo message, but also abide by good flower-arranging principles. Mak sure there's an overall balance of color and texture in the bouque and use herbs and filler, such as ivy, to fill out the shape.

continued on page

Now it smells best on glass, too.



New Windex® Mountain Berry
smells as good as it cleans.
For a streak-free shine every time,
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Tussie-Mussies

continued from page 38





For this welcome bouquet, we combined white alstroemeria, Sprengeri asparagus fern, and limonium with these meaningful flowers: DELPHINIUM—the return of a friend is desired JUNIPER—welcome to our new home GERBERA DAISIES (*above*)—friendship

We expanded the traditional handheld size of a tussie-mussie for this welcoming entryway bouquet. It is formed like a small tussie-mussie, with the stems bound together with ribbon (see *page 44* for instructions). Then, we cut the thick cluster of stems level across the bottom so the bouquet would stand in a shallow dish of water.

continued on page 42

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Tussie-Mussies

continued from page 40







Two important components of this romantic bouquet are AGAPANTHUS (*left, top*), which means love letter, and PINK SPRAY ROSES (*above*), which mean grace and beauty.

The language of flowers was so well-known in the Victorian Era that no one would wear or give a tussie-mussie without careful thought to the message it conveyed. There were even dozens of dictionaries to help decipher the meanings. For a modern dictionary, check out the book *Tussie-Mussies: The Language of Flowers,* by Geraldine Adamich-Laufer (1993). To order this book, see *page 34.*

Set the tone for romance with breakfast in bed and a tussie-mussie that acts as a love letter. Let your special someone know everything you love about him or her with flowers that describe characteristics, such as grace, beauty, and humor. Frame the array with dark green leaves, or intersperse herbs for fragrance.

continued on page 4


i dream
of being a superhero.
3:30 pm EMMETT SUTHERLAND third grader
Venice Beach, California
available at WAL-MART
BED AND BATH
Springmaid®
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Tussie-Mussies

continued from page 42







TOOLS

Prepare to make a tussie-mussie by having all the materials at hand. Group the flowers and strip them of their leaves before starting. You'll need strong scissors or wire cutters; florist's tape; florist's wire (either lengths or on a paddle); and ribbon.

OTHER COMMON FLOWERS AND THEIR MEANINGS

ASTER—sentimental recollections
CAMELLIA—excellence, contentment
CARNATION—unfading beauty, admiration
DAFFODIL—respect, chivalry
HYDRANGEA—devotion
MAGNOLIA—sweetness, perseverance
PANSY—loving thoughts
SUNFLOWER—marriage, welcome
TULIP—fame, charity, happy years



1. For a handheld bouquet, trim the flower stems to about 7 inches long and arrange them in a tight cluster, grasping the stems at one point. As you add a flower, angle it so the cluster takes on a rounded shape.

2. If you wish, complement the bouquet with a ring of leaves around the perimeter of the cluster; the galax leaves we used are sturdy and shiny. Wrap florist's wire around the stems, starting just below the leaves. Trim any uneven stems level.

3. As an intermediate step, you can cover the wired stems with green florist's tape to camouflage the wire and to lock in moisture. Don't cover the cut ends of the stems if you want to put the bouquet in a vase later. Or, you can just add a wrap of pretty ribbon. Fold the ribbon length in half and put the middle point at the top of the stems. Wrap each ribbon tail around the stems to the bottom. Tie the tails together and trim.

Buying information, page 79

your sthma ally nder ontrol?

you still wheezing
d coughing?

you still wake up
ort of breath?

you still use your fast-acting
aler more than twice a week?

**ou're questioning
r asthma control,
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Used twice a day, every day, FLOVENT helps reduce the inflammation in your airways—the very inflammation that causes shortness of breath, wheezing, and asthma attacks. Because FLOVENT helps control the inflammation that causes asthma symptoms in the first place, it actually helps improve lung function over time.

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FLOVENT won't replace fast-acting inhalers for sudden attacks. It's important to be careful if your doctor switches you to FLOVENT, an inhaled steroid, from an oral steroid like prednisone. While adjusting to the decreasing doses of prednisone, your body is not as able to heal after surgery, infection, or serious injury. Indicated for patients 12 years and older. See your doctor if your asthma does not improve.

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BRIEF SUMMARY

[illegible]
(fluticasone propionate, 44 mcg)
Inhalation Aerosol

FLOVENT® 110 mcg
(fluticasone propionate, 110 mcg)
Inhalation Aerosol

FLOVENT® 220 mcg
(fluticasone propionate, 220 mcg)
Inhalation Aerosol

For Oral Inhalation Only

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: FLOVENT Inhalation Aerosol is contraindicated in the primary treatment of status asthmaticus or other acute episodes of asthma where intensive measures are required.

Hypersensitivity to any of the ingredients of these preparations contraindicates their use.

WARNINGS:

Particular care is needed for patients who are transferred from systemically active corticosteroids to FLOVENT Inhalation Aerosol because deaths due to adrenal insufficiency have occurred in patients with asthma during and after transfer from systemic corticosteroids to less systemically available inhaled corticosteroids. After withdrawal from systemic corticosteroids, a number of months are required for recovery of hypothalamic-pituitary-adrenal (HPA) function.

Patients who have been previously maintained on 20 mg or more per day of prednisone (or its equivalent) may be most susceptible, particularly when their systemic corticosteroids have been almost completely withdrawn. During this period of HPA suppression, patients may exhibit signs and symptoms of adrenal insufficiency when exposed to trauma, surgery, or infection (particularly gastroenteritis) or other conditions associated with severe electrolyte loss. Although fluticasone propionate inhalation aerosol may provide control of asthma symptoms during these episodes, in recommended doses it supplies less than normal physiological amounts of glucocorticoid systemically and does NOT provide the mineralocorticoid activity that is necessary for coping with these emergencies.

During periods of stress or a severe asthma attack, patients who have been withdrawn from systemic corticosteroids should be instructed to resume oral corticosteroids (in large doses) immediately and to contact their physicians for further instruction. These patients should also be instructed to carry a warning card indicating that they may need supplementary systemic corticosteroids during periods of stress or a severe asthma attack.

Patients requiring oral corticosteroids should be weaned slowly from systemic corticosteroid use after transferring to fluticasone propionate inhalation aerosol. In a trial of 96 patients, prednisone reduction was successfully accomplished by reducing the daily prednisone dose by 2.5 mg on a weekly basis during transfer to inhaled fluticasone propionate. Successive reduction of prednisone dose was allowed only when lung function, symptoms, and as-needed beta-agonist use were better than or comparable to that seen before initiation of prednisone dose reduction. Lung function (forced expiratory volume in 1 second (FEV_1) or morning peak expiratory flow rate [AM PEFR]), beta-agonist use, and asthma symptoms should be carefully monitored during withdrawal of oral corticosteroids. In addition to monitoring asthma signs and symptoms, patients should be observed for signs and symptoms of adrenal insufficiency such as fatigue, lassitude, weakness, nausea and vomiting, and hypotension.

Transfer of patients from systemic corticosteroid therapy to fluticasone propionate inhalation aerosol may unmask conditions previously suppressed by the systemic corticosteroid therapy, e.g., rhinitis, conjunctivitis, eczema, and arthritis.

Persons who are on drugs that suppress the immune system are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in susceptible children or adults on corticosteroids. In such children or adults who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.

Fluticasone propionate inhalation aerosol is not to be regarded as a bronchodilator and is not indicated for rapid relief of bronchospasm.

As with other inhaled asthma medications, bronchospasm may occur with an immediate increase in wheezing after dosing. If bronchospasm occurs following dosing with FLOVENT Inhalation Aerosol, it should be treated immediately with a fast-acting inhaled bronchodilator. Treatment with FLOVENT Inhalation Aerosol should be discontinued and alternative therapy instituted.

Patients should be instructed to contact their physicians immediately when episodes of asthma that are not responsive to bronchodilators occur during the course of treatment with fluticasone propionate inhalation aerosol. During such episodes, patients may require therapy with oral corticosteroids.

PRECAUTIONS:

General: During withdrawal from oral corticosteroids, some patients may experience symptoms of systemically active corticosteroid withdrawal, e.g., joint and/or muscular pain, lassitude, and depression, despite maintenance or even improvement of respiratory function.

Fluticasone propionate will often permit control of asthma symptoms with less suppression of HPA function than therapeutically equivalent oral doses of prednisone. Since fluticasone propionate is absorbed into the circulation and can be systemically active at higher doses, the beneficial effects of fluticasone propionate inhalation aerosol in minimizing HPA dysfunction may be expected only when recommended dosages are not exceeded and individual patients are titrated to the lowest effective dose. A relationship between plasma levels of fluticasone propionate and inhibitory effects on stimulated cortisol production has been shown after 4 weeks of treatment with fluticasone propionate inhalation aerosol. Since individual sensitivity to effects on cortisol production exists, physicians should consider this information when prescribing fluticasone propionate inhalation aerosol.

Because of the possibility of systemic absorption of inhaled corticosteroids, patients treated with these drugs should be observed carefully for any evidence of systemic corticosteroid effects. Particular care should be taken in observing patients postoperatively or during periods of stress for evidence of inadequate adrenal response.

It is possible that systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear in a small number of patients, particularly at higher doses. If such changes occur, fluticasone propionate inhalation aerosol should be reduced slowly, consistent with accepted procedures for reducing systemic corticosteroids and for management of asthma symptoms.

A reduction of growth velocity in children or teenagers may occur as a result of inadequate control of chronic diseases such as asthma or from use of corticosteroids for treatment. Physicians should closely follow the growth of adolescents taking corticosteroids by any route and weigh the benefits of corticosteroid therapy and asthma control against the possibility of growth suppression if an adolescent's growth appears slowed.

The long-term effects of fluticasone propionate in human subjects are not fully known, in particular, the effects resulting from chronic use of fluticasone propionate on developmental or immunologic processes in the mouth, pharynx, trachea, and lung are unknown. Some patients have received fluticasone propionate inhalation aerosol on a continuous basis for periods of 3 years or longer. In clinical studies with patients treated for nearly 2 years with inhaled fluticasone propionate, no apparent differences in the type or severity of adverse reactions were observed after long- versus short-term treatment.

Rare instances of glaucoma, increased intraocular pressure, and cataracts have been reported following the inhaled administration of corticosteroids, including fluticasone propionate.

In clinical studies with inhaled fluticasone propionate, the development of localized infections of the pharynx with *Candida albicans* has occurred. When such an infection develops, it should be treated with appropriate local or systemic (i.e., oral antifungal) therapy while remaining on treatment with fluticasone propionate inhalation aerosol, but at times therapy with fluticasone propionate may need to be interrupted.

Inhaled corticosteroids should be used with caution, if at all, in patients with active or quiescent tuberculosis infection of the respiratory tract; untreated systemic fungal, bacterial, viral or parasitic infections; or ocular herpes simplex.

Eosinophilic Conditions: In rare cases, patients on inhaled fluticasone propionate may present with systemic eosinophilic conditions, with some patients presenting with clinical features of vasculitis consistent with Churg-Strauss syndrome, a condition that is often treated with systemic corticosteroid therapy. These events usually, but not always, have been associated with the reduction and/or withdrawal of oral corticosteroid therapy following the introduction of fluticasone propionate. Cases of serious eosinophilic conditions have also been reported with other inhaled corticosteroids in this clinical setting. Physicians should be alert to eosinophilia, vasculitic rash, worsening pulmonary symptoms, cardiac complications, and/or neuropathy presenting in their patients. A causal relationship between fluticasone propionate and these underlying conditions has not been established (see ADVERSE REACTIONS).

Information for Patients: Patients being treated with FLOVENT Inhalation Aerosol should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should use FLOVENT Inhalation Aerosol at regular intervals as directed. Results of clinical trials indicated significant improvement may occur within the first day or two of treatment; however, the full benefit may not be achieved until treatment has been administered for 1 to 2 weeks or longer. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens.

Patients should be warned to avoid exposure to chickenpox or measles and, if they are exposed, to consult their physicians without delay.

For the proper use of FLOVENT Inhalation Aerosol and to attain maximum improvement, the patient should read and follow carefully the accompanying Patient's Instructions for Use.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in studies of oral doses up to 1000 mcg/kg (approximately 2 times the maximum human daily inhalation dose based on mcg/m^2) for 78 weeks in the mouse or inhalation of up to 57 mcg/kg (approximately 1/4 the maximum human daily inhalation dose based on mcg/m^2) for 104 weeks in the rat.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells in vitro. No significant clastogenic effect was seen in cultured human peripheral lymphocytes in vitro or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow.

No evidence of impairment of fertility was observed in reproductive studies conducted in rats dosed subcutaneously with doses up to 50 mcg/kg (approximately 1/4 the maximum human daily inhalation dose based on mcg/m^2) in males and females. However, prostate weight was significantly reduced in rats.

Pregnancy. Teratogenic Effects: Pregnancy Category C. Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (approximately 1/10 and 1/2 the maximum human daily inhalation dose based on mcg/m^2, respectively), revealed fetal toxicity characteristic of potent glucocorticoid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed following subcutaneous doses of 4 mcg/kg (approximately 1/25 the maximum daily inhalation dose based on mcg/m^2). However, following oral administration of up to 300 mcg/kg (approximately 3 times the maximum human daily inhalation dose based on mcg/m^2) of fluticasone propionate to the rabbit, there were no maternal effects nor increased incidence of external, visceral, or skeletal fetal defects. No fluticasone propionate was detected in the plasma in this study, consistent with the established low bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of full prescribing information).

Less than 0.008% of the administered dose crossed the placenta following oral administration of 100 mcg/kg to rats or 300 mcg/kg to rabbits (approximately 1/2 and 3 times the maximum human daily inhalation dose based on mcg/m^2, respectively).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Experience with oral glucocorticoids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from glucocorticoids than humans. In addition, because there is a natural increase in glucocorticoid production during pregnancy, most women will require a lower exogenous glucocorticoid dose and many will not need glucocorticoid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. Subcutaneous administration of 10 mcg/kg tritiated drug to lactating rats (approximately 1/20 the maximum human daily inhalation dose based on mcg/m^2) resulted in measurable radioactivity in both milk and milk. Because glucocorticoids are excreted in human milk, caution should be exercised when fluticasone propionate inhalation aerosol is administered to a nursing woman.

Pediatric Use: One hundred thirty-seven (137) patients between the ages of 12 and 16 years were treated with fluticasone propionate inhalation aerosol in the US pivotal clinical trials. The safety and effectiveness of FLOVENT Inhalation Aerosol in children below 12 years of age have not been established. Oral corticosteroids have been shown to cause a reduction in growth velocity in children and teenagers with extended use. If a child or teenager on any corticosteroid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of corticosteroids should be considered (see PRECAUTIONS).

Geriatric Use: Five hundred seventy-four (574) patients 65 years of age or older have been treated with fluticasone propionate inhalation aerosol in US non-US clinical trials. There were no differences in adverse reactions compared to those reported by younger patients.

ADVERSE REACTIONS: The following incidence of common adverse experiences is based upon 7 placebo-controlled US clinical trials in which 1243 patients (509 female and 734 male adolescents and adults previously treated with as-needed bronchodilators and/or inhaled corticosteroids) were treated with fluticasone propionate inhalation aerosol (doses of 88 to 440 mcg twice daily for up to 12 weeks) or placebo.

Overall Adverse Experiences With >3% Incidence on Fluticasone Propionate in US Controlled Clinical Trials With in Patients Previously Receiving Bronchodilators and/or Inhaled Corticosteroids

Adverse Event	Placebo (n = 475) %	FLOVENT 88 mcg twice daily (n = 488) %	FLOVENT 220 mcg twice daily (n = 95) %	FLOVENT 440 mcg twice daily (n = 185) %
Ear, nose, and throat				
Pharyngitis	7	10	14	14
Nasal congestion	8	8	16	10
Sinusitis	4	3	6	5
Nasal discharge	3	5	4	4
Dysphonia	1	4	3	8
Allergic rhinitis	4	5	3	3
Oral candidiasis	1	2	3	5
Respiratory				
Upper respiratory infection	12	15	22	16
Influenza	2	3	8	5
Neurological				
Headache	14	17	22	17
Average duration of exposure (days)	44	66	64	59

The table above includes all events (whether considered drug-related or nondrug-related by the investigator) that occurred at a rate of over 3% in combined fluticasone propionate inhalation aerosol groups and were more common than in the placebo group. In considering these data, differences in average duration of exposure should be taken into account.

These adverse reactions were mostly mild to moderate in severity, with ≤2% of patients discontinuing the studies because of adverse events. Rare cases of immediate and delayed hypersensitivity reactions, including urticaria and rash and other rare events of angioedema and bronchospasm, have been reported.

Systemic glucocorticoid side effects were not reported during controlled clinical trials with fluticasone propionate inhalation aerosol. If recommended doses are exceeded, however, or if individuals are particularly sensitive, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

Other adverse events that occurred in these clinical trials using fluticasone propionate inhalation aerosol with an incidence of 1% to 3% and which occurred at a greater incidence than with placebo were:

Ear, Nose, and Throat: Pain in nasal sinus(es), rhinitis.
Eye: Irritation of the eye(s).
Gastrointestinal: Nausea and vomiting, diarrhea, dyspepsia and stomach disorder.
Miscellaneous: Fever.
Mouth and Teeth: Dental problem.
Musculoskeletal: Pain in joint, sprain/strain, aches and pains, pain in limb.
Neurological: Dizziness/giddiness.
Respiratory: Bronchitis, chest congestion.
Skin: Dermatitis, rash/skin eruption.
Urogenital: Dysmenorrhea.

In a 16-week study in patients with asthma requiring oral corticosteroids, the effects of fluticasone propionate inhalation aerosol, 660 mcg twice daily (n = 32) and 880 mcg twice daily (n = 32), were compared with placebo. Adverse events (whether considered drug-related or nondrug-related by the investigator) reported by more than 3 patients in either fluticasone propionate group and which were more common with fluticasone propionate than with placebo are shown below:

Ear, Nose, and Throat: Pharyngitis (9% and 25%), nasal congestion (19% and 22%), sinusitis (19% and 22%), nasal discharge (16% and 16%), dysphonia (19% and 9%), pain in nasal sinus(es) (13% and 0%), Candida-like oral lesions (16% and 9%), oropharyngeal candidiasis (25% and 19%).
Respiratory: Upper respiratory infection (31% and 19%), influenza (0% and 13%).
Other: Headache (28% and 34%), pain in joint (19% and 13%), nausea and vomiting (22% and 16%), muscular soreness (22% and 13%), malaise/fatigue (22% and 28%), insomnia (3% and 13%).

Observed During Clinical Practice: In addition to adverse events reported from clinical trials, the following events have been identified during postapproval use of fluticasone propionate in clinical practice. Because they are reported voluntarily from a population of unknown size, estimates of frequency cannot be made. These events have been chosen for inclusion due to either their seriousness, frequency of reporting, causal connection to fluticasone propionate, or a combination of these factors.

Ear, Nose, and Throat: Throat soreness and irritation, hoarseness, laryngitis, aphonia.
Endocrine and Metabolic: Cushingoid features, growth velocity reduction in children/adolescents, weight gain, hyperglycemia.
Psychiatry: Restlessness, agitation, aggression, depression.
Respiratory: Immediate bronchospasm, asthma exacerbation, dyspnea, wheeze, chest tightness, bronchospasm, cough.
Skin: Pruritus, contusions, ecchymoses.
Eosinophilic Conditions: In rare cases, patients on inhaled fluticasone propionate may present with systemic eosinophilic conditions, with some patients presenting with clinical features of vasculitis consistent with Churg-Strauss syndrome, a condition that is often treated with systemic corticosteroid therapy. These events usually, but not always, have been associated with the reduction and/or withdrawal of oral corticosteroid therapy following the introduction of fluticasone propionate. Cases of serious eosinophilic conditions have also been reported with other inhaled corticosteroids in this clinical setting. Physicians should be alert to eosinophilia, vasculitic rash, worsening pulmonary symptoms, cardiac complications, and/or neuropathy presenting in their patients. A causal relationship between fluticasone propionate and these underlying conditions has not been established (see PRECAUTIONS, Eosinophilic Conditions).

OVERDOSAGE: Chronic overdosage may result in signs/symptoms of hypercorticism (see PRECAUTIONS). Inhalation by healthy volunteers of a single dose of 1760 or 3520 mcg of fluticasone propionate inhalation aerosol was well tolerated. Fluticasone propionate given by inhalation aerosol at doses of 1320 mcg twice daily for 7 to 15 days to healthy human volunteers was also well tolerated. Repeat oral doses up to 80 mg daily for 10 days in healthy volunteers and repeat oral doses up to 20 mg daily for 42 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. The oral and subcutaneous median lethal doses in rats and mice were >1000 mg/kg (>2000 times the maximum human daily inhalation dose based on mg/m^2).

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All-Occasion Tables

With a few accent pieces and a change of accessories, your prized vintage china can serve for casual meals or for more formal affairs. We've chosen three popular place settings to use on tables both low key and high style.



DRESS DOWN
Dainty floral china pairs with a pale lavender ceramic mug for a country casual look (*left*). A glass with white-etched lines echoes the pattern in the lavender-and-white windowpane check tablecloth. Forged steel flatware lends a weighty contrast to the airy ensemble.



DRESS UP
Striking visual contrast adds interest to this luscious lavender setting (*left*). The brocade stripe tablecloth, classically shaped goblet and vase, and footed silver candy dish give the table a formal air. But river rocks and wild berries bring the scene back down to earth. Contemporary matte-finished flatware grounds it firmly in the present.

Floral china Bring the beauty of a spring garden to your table with delicate floral china that conjures Sunday dinners at Grandma's house. Whether inherited or newly purchased from a flea market or antiques shop, a treasured set of German china with delicate painted blooms allows for a virtually limitless variety of looks. Play against type and cast your dinnerware with contemporary accessories for a surprising setting.

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DRESS DOWN
Chrome yellow Fiestaware, muted by a cream top plate, meets contemporary enamelware for a country-fresh look (*right*). Enticing the eye are a play of patterns and textures—a subtle berry-colored geometric cloth, a woven plaid mat, an ordinary dish rag-cum-napkin, and a floral tinware bowl.

Fiestaware As popular as they are colorful, these sturdy dishes from the 1950s can pose some problems when you want a setting that doesn't scream "south of the border." Rather than run riot with all the colors available in old Fiestaware, limit your table to one or two colors, and add a generous dose of coordinating accessories.



DRESS UP
The yellow roses of an antique Bavarian china plate and the apple green of contemporary pottery take the edge off yellow Fiestaware (*right*). White lace soothes the sunny starkness of a matching yellow tablecloth, while fresh roses and a pale yellow damask napkin with an upholstery-tassel ring further soften the look.

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SALT LAKE 2002 OFFICIAL SUPPLIER

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DRESS DOWN
Antique ironstone teams up with vintage floral bark cloth for a taste of the tropics, 1940s style (*right*). The fabric's muted shades of tan, red, green, and brown complement the aged coloration of the dishware. For informal fun, wrap a chintz napkin newspaper-style with a rubber band.

Ironstone Valued for its simple beauty and versatility, ironstone is a time-honored collectible that sets stylish tables and commands high prices. If your collection is less than complete—or just for a fun twist on tradition—consider using oval serving platters and restaurant-style pieces as place settings. Large platters become chargers, and steak plates and small serving plates fill in for dishware. ♦



DRESS UP
Coarse textures and common materials combine (*right*) to create a sophisticatedly neutral setting. The table is covered with sage burlap topped with canvas-bound straw mats and striped linen dish towels. The simple symmetry of concentrically stacked dishware, carefully aligned flatware, and a crisply folded napkin create a formal feel.

Buying information, page 79

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You've Got It Covered

Flaunt the great legs of an old bench or stool with a fresh cover. These covers—a throw rug, some needlework, and a cast-off sweater—are recycled too. The same three techniques illustrated here work for chairs as well.

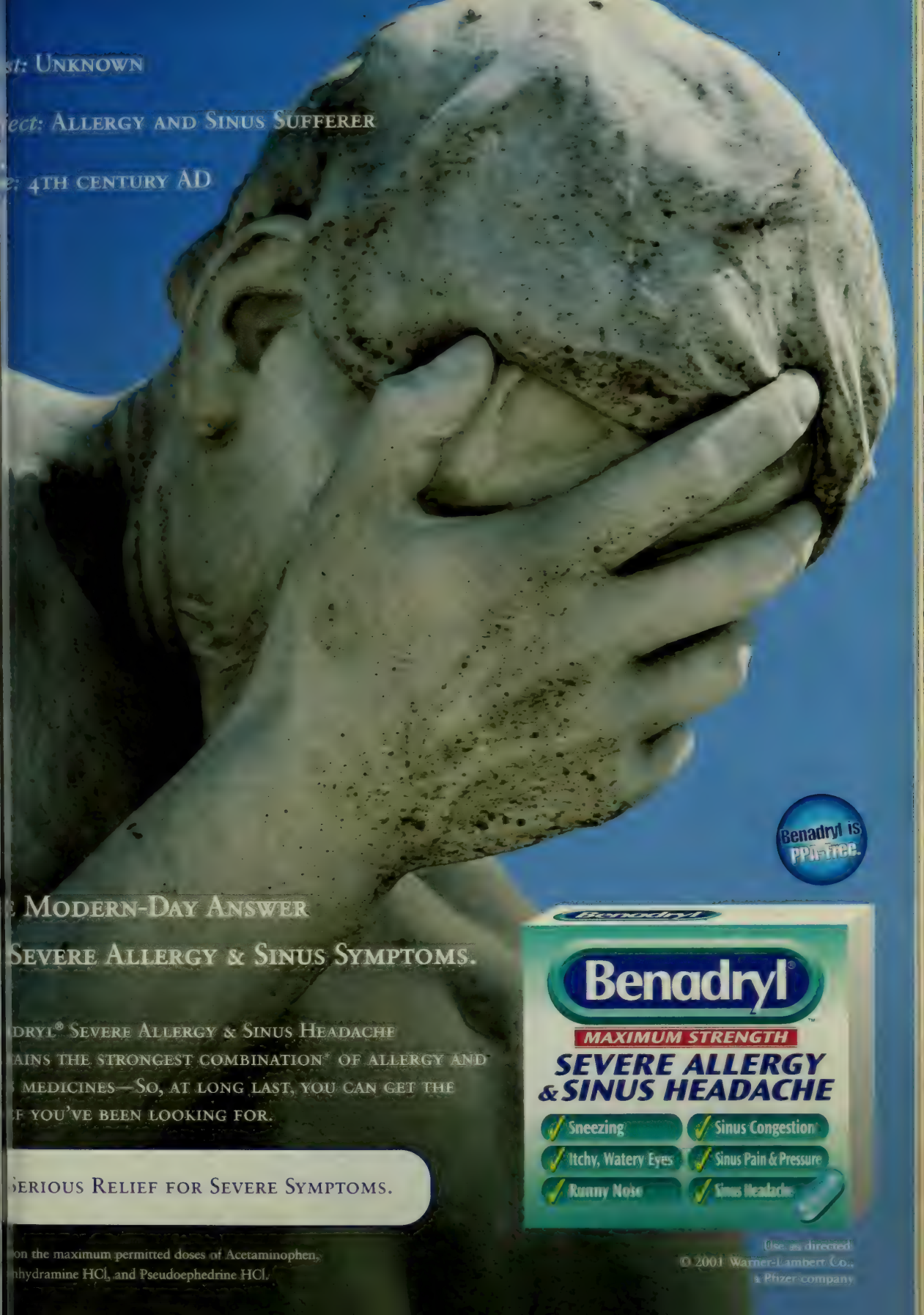


by
Gina Harrell

BASIC PREPARATION

- Remove the old piece's covering and use it as a pattern. If no covering exists, you can create a pattern by draping muslin over the top.
- Add a padding of quilt batting before covering the top. For extra softness, cut upholstery foam to fit the top, then cover the foam with batting.
- Miter the fabric and trim the corners when fitting the cover. Hospital corners create simple folds and reduce bulk.
- Treat the cut edges of the fabric with fray-checking liquid or fabric glue if it is a type that frays easily. For stretchy fabrics, fuse lightweight interfacing to the wrong side to prevent distortion when pulling the fabric over the top.

continued on page 56


st: Unknown
ject: Allergy and Sinus Sufferer
e: 4th Century AD
Modern-Day Answer
Severe Allergy & Sinus Symptoms.
dryl® Severe Allergy & Sinus Headache
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You've Got It Covered

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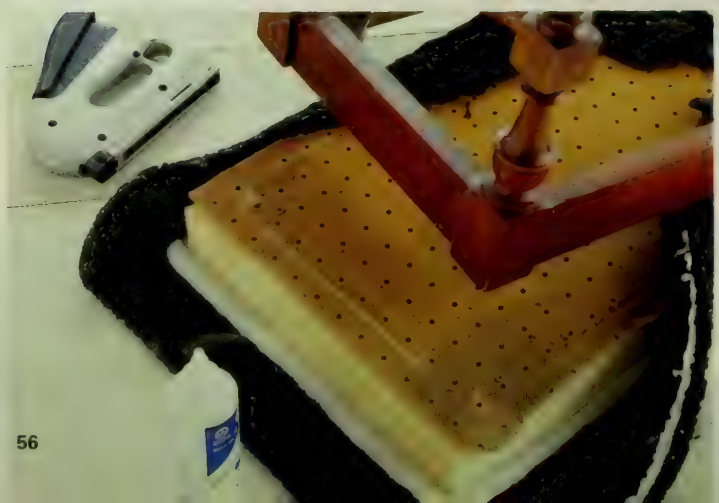
Nail it

Decorative upholstery tacks work well for a stool with a flat edge and a covering, such as an old rug, that is too heavy to glue or staple in place. Wrap the carpet edge under the stool to prevent fraying, or use a bound edge of carpet. Hammer the tacks through the edge of the cover and into the wood in a straight, even line.



Over the edge

Upholstery braid hides the cut edge of a cover that is glued in place. Cut the top to fit, and secure it to the base with hot glue. If the fabric is too heavy to be held in place with glue, use staples. Hot-glue braid over the cut edge.



Turn under a new look

Some tops unscrew from the base for re-covering. Remove the base and fit the top with new foam and batting, if needed. Wrap the fabric over the top and to the underside, as shown. Staple the fabric in place and reattach the base.

"Walking is a major part of my life. Since I was treated with Synvisc, I found knee pain relief."

Nancy Lopez - Hall of Fame Professional Golfer



DRUG-FREE RELIEF FOR OA KNEE PAIN

Synvisc (pronounced "sin-visk") can relieve arthritis (osteoarthritis, or OA) knee pain with just one short course of therapy!

Synvisc therapy is administered into the knee in just 3 doctor visits over 15 days!

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Synvisc therapy is like lubrication for your knee and also acts as a kind of "shock absorber" that cushions the joint.

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Synvisc can help improve your mobility and allow you to return to a more vibrant, active lifestyle!*

Visc is generally well tolerated; however, it may not work for everyone. The most commonly reported side effects are porary pain, swelling, and/or fluid accumulation in the injected knee (about 2% of injections). If fluid accumulation ge or painful, call your doctor. Other side effects, such as rash, have been reported rarely. Advise your doctor if you llergic to chicken products or your leg is swollen or infected. The results of repeat use have not been established.

isc therapy is usually covered by most medical plans, including Medicare.
u have questions about insurance coverage, please see additional information on the next page.

* **doctor may ask you to temporarily avoid strenuous activity after treatment.**

SYNVISC®
HYLAN G-F 20

Please see additional important patient information on the next page.

DISCOVER DRUG-FREE RELIEF FOR OSTEOARTHRITIS KNEE PA

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HYLAN G-F 20

BRIEF SUMMARY OF PRESCRIBING INFORMATION
This Summary describes Synvisc, a prescription formulation of hylan G-F 20 for knee pain due to osteoarthritis. Please read it carefully. Only your doctor has the training necessary to weigh the benefits and risks of Synvisc therapy for you. Contact your doctor if you have any questions.

WHAT IS SYNVISC?
Synvisc is a viscous and elastic sterile mixture that is made up of hylan A fluid, hylan B gel, and salt water. The two hylans are manufactured from hyaluronan (sodium hyaluronate) that comes from chicken combs. Hyaluronan is a natural chemical found in the body and is present in a particularly high amount in joint tissues and in the fluid that fills the joint. The body's own hyaluronan acts like a lubricant and a shock absorber in the joint, and is needed for the joint to operate properly. In osteoarthritis, there may not be enough hyaluronan, and there may be a change in the quality of the hyaluronan in joint fluid and tissues. Synvisc has comparable viscous and elastic properties to synovial fluid of 18- to 27-year-old healthy human knees. Synvisc is given by a series of injections directly into your knee.

WHAT IS SYNVISC USED FOR?
Synvisc is used to relieve knee pain due to osteoarthritis. It is used for patients who do not get adequate relief from simple painkillers or from exercise and physical therapy. The most pain relief and the greatest amount of treatment success occurred 8 to 12 weeks after Synvisc treatment began.

HOW CAN I GET MORE INFORMATION ABOUT SYNVISC?
If you have any questions or would like to find out more about Synvisc, you may call Wyeth-Ayerst Pharmaceuticals, at 1-800-99-WYETH.

CONTRAINDICATIONS
- Do not administer to patients with known hypersensitivity (allergy) to hyaluronan (sodium hyaluronate) preparations.
- Do not inject Synvisc in the knees of patients having knee joint infections or skin diseases or infections in the area of the injection site.

WARNINGS
- Do not concomitantly use disinfectants containing quaternary ammonium salts for skin preparation because hyaluronan can precipitate in their presence.
- Do not inject Synvisc extra-articularly, or into the synovial tissues and capsule. Local and systemic adverse events, generally in the area of the injection, have occurred following extra-articular injection of Synvisc.
- Intravascular injections of Synvisc may cause systemic adverse events.

PRECAUTIONS
General
- The effectiveness of a single treatment cycle of less than three injections of Synvisc has not been established.
- The safety and effectiveness of Synvisc in locations other than the knee and for conditions other than osteoarthritis have not been established.
- Do not inject anesthetics or other medications into the knee joint during Synvisc therapy. Such medications may dilute Synvisc and affect its safety and effectiveness.
- Use caution when injecting Synvisc into patients who are allergic to avian proteins, feathers, and egg products.
- The safety and effectiveness of Synvisc in severely inflamed knee joints have not been established.
- Strict aseptic administration technique must be followed.
- STERILE CONTENTS. The syringe is intended for single use. The contents of the syringe must be used immediately after its packaging is opened. Discard any unused Synvisc.
- Do not use Synvisc if package is opened or damaged. Store in original packaging (protected from light) at room temperature below 86°F (30°C). DO NOT FREEZE.
- Remove synovial fluid or effusion before each Synvisc injection.
- Synvisc should be used with caution when there is evidence of lymphatic or venous stasis in that leg.

Information for Patients
- Provide patients with a copy of the Patient Labeling prior to use.
- Transient pain, swelling, and/or effusion of the injected joint may occur after intra-articular injection of Synvisc. In some cases, the effusions may be considerable and cause pronounced pain; cases where swelling is extensive should be discussed with the physician.
- As with any invasive joint procedure, it is recommended that the patient avoid any strenuous activities or prolonged weight-bearing activities such as jogging or tennis following the intra-articular injection.
- The safety and effectiveness of repeat treatment cycles of Synvisc have not been established.
- The packaging of this product contains dry natural rubber latex.

Use in Specific Populations
- **Pregnancy:** The safety and effectiveness of Synvisc have not been established in pregnant women.
- **Nursing mothers:** It is not known if Synvisc is excreted in human milk. The safety and effectiveness of Synvisc have not been established in lactating women.
- The safety and effectiveness of Synvisc have not been established in children

ADVERSE EVENTS
Adverse Events Involving the Injected Joint
Clinical Trials
A total of 511 patients (559 knees) received 1771 injections in seven clinical trials of Synvisc. There were 39 reports in 37 patients (2.2% of injections, 7.2% of patients) of knee pain and/or swelling after these injections. Ten patients (10 knees) were treated with arthrocentesis and removal of joint effusion. Two additional patients (two knees) received treatment with intra-articular steroids. Two patients (two knees) received NSAIDs. One of these patients also received arthrocentesis. One patient was treated with arthroscopy. The remaining patients with adverse events localized to the knee received no treatment or only analgesics.
Postmarket Experience
The most common adverse events reported have been pain, swelling and/or effusion involving the injected knee. In some cases, the effusion was considerable and caused pronounced pain. In some instances, patients have presented with knees that were tender, warm and red. It is important to rule out infection or crystalline arthropathies in such cases. Synovial fluid aspirates of varying volumes have revealed a range of cell counts, from very few to over 50,000 cells/mm³. Reported treatments have included symptomatic therapy (e.g., rest, ice, heat, elevation, simple analgesics and NSAIDs) and/or arthrocentesis. Intra-articular corticosteroids have been used when infection was ruled out. Patients have rarely undergone arthroscopy or other procedures. Pain has generally abate within a few days. Clinical benefit from treatment may still occur after such reactions.
Intra-articular infections did not occur in any of the clinical trials. Infections have been reported only rarely during clinical use of Synvisc.

Other Adverse Events
Clinical Trials
In three concurrently controlled clinical trials with a total of 1 [illegible] who received Synvisc and 110 patients who received either [illegible] arthrocentesis, there were no statistically significant differences in numbers or types of adverse events between the group of patients who received Synvisc and the group that received control treatment. Systemic adverse events occurred in 10 (2.0%) of the Synvisc patients. There was one case each of rash (thorax and back), swelling of the skin following Synvisc injections in these studies. The symptoms did not recur when these patients received additional Synvisc injections. The remaining generalized adverse events were calf cramps, hemorrhoid problems, ankle edema, muscle tonsilitis with nausea, tachyarrhythmia, phlebitis with varicose, low back sprain.
Postmarket Experience
Other adverse events reported include: rash, *hives*, itching, *fever*, *headache, dizziness, chills*, muscle cramps, *paresthesia*, periph*malaise, respiratory difficulties, flushing and facial swelling*. [illegible] been rare reports of *thrombocytopenia* coincident with Synvisc. (Adverse events reported *only* in worldwide postmarketing e[illegible] not seen in clinical trials, are considered more rare and are

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Synvisc® is covered by U.S. patents.
This summary provides the most important information abo[illegible]
If you want to read more, ask your doctor or pharmacist to [illegible] the professional labeling.
This Brief Summary for Direct-to-Consumer advertising is b[illegible] Synvisc Physician Insert, CI 6082-2, Revised September 29[illegible]

Developed and manufactured by Biomatrix

Marketed and distribu[illegible] WYETH-A[illegible] LABORAT[illegible] Philadelphia

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Important information about insurance coverage for Synvisc treatments

Synvisc is usually covered by most insurance plans. Many require that your doctor stock Synvisc. If your doctor d[illegible] not stock Synvisc and he or she writes a Synvisc prescription for you, some insurance plans, including Medicare, [illegible] not cover the cost. Therefore, it is recommended that you ask your doctor if his or her office stocks Synvisc. Proce[illegible] vary from policy to policy, so please check with your doctor and/or your insurer. If you have additional questions a[illegible] insurance coverage, please contact the Synvisc Reimbursement Hotline at 1-800-982-8292. This toll-free numbe[illegible] be accessed between 9:00 AM and 6:00 PM, Eastern Time, Monday through Friday.

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reader shopping

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color makeovers

Ah, the power of paint. Taking its cues from nature's perfect palette, such as petal-soft pastels, sunwashed golds, or faint foliage greens, painted-on color can be the only design tool you need to revitalize your rooms. Plain white walls become as fresh as their outdoor inspirations.







by Joseph Boehm and
Candace Ord Manroe

continued on page 62

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Pour out your love.



Teleflora's Roses of Love
Teapot Bouquet

continued from page 60



all grown up Lavender and soft pink aren't just for little girls. And though still reliable for sparking rooms with romance, such colors are no longer restricted to the bedroom, either. When covering sleek sofas and chairs, the pastels create sophisticate living rooms that neutrals can't rival. Approached as understated and urban—a 180° shift from fuss and fluff—the palette is newly respected for its ability to soothe the stresses o our electronics-age agendas.

Start the palette on your furnishings. Then take it to the walls to bathe your space in clean color. Match the fabric or take a little libert as shown here, by finding a harmonious hue (one that's a neighbor to it on the color wheel). Finally, add a warm accent—a rich caramel melts the cool color's chill.

continued on page 64



A 3-inch band of caramel paint around the room's perimeter and at chair-rail height (32-36 inches from the floor) grounds the light hues and prevents that floating-in-space feeling.

When selecting color, remember it will look more intense on the walls than it does on the paint chip. Pick a color you like, then buy the paint one shade lighter.

Gain insight into your color personality at www. bhg.com/extra.

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Softsoap 2 IN 1 more than just clean

Colgate-Palmolive Co.

continued from page 62



glowing abroad Who says long-distance love affairs are short-lived? Thanks to more frequent flying and splurge spending, Americans are seriously smitten with sunny Southern Europe. Homes are the proof: We want kitchens with that Tuscan touch. Or rooms that look plucked fresh from a Provençal street market.

Without overhauling your rooms, you can capture the rich spirit of European farm country with a well-picked palette. Stay on the warm end of the color spectrum: yellows, reds, oranges. But kick up the saturation level (purer color due to less dilution by white) for a bit more energy. If you're hesitant about too much color but want a dramatic effect, try saturated neutrals such as khaki or wheat.

continued on page 66



An ocher-colored wall paint marries earth and sun for a golden glow that's more organic than metallic. The warm shade is a good companion for golden oak woodwork and flooring.

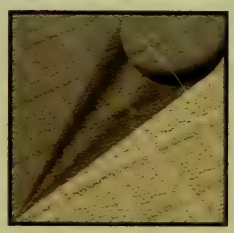
Consider the direction your room faces when picking a palette. Here, northern windows let in cool light, so the warm colors ward off chill. Southern rooms will calm down with cool hues.



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continued from page 64



delicious dips One of design's hottest palettes is clearly cool. Little wonder since its inspiration is water itself—the pale seafoams and nuances of blue that you don't so much see as feel. These hues are intentionally translucent, a mere film of color that mimics a swift stream or sparkling sea. Taken inside, they bring cleansing color as invigorating yet soul-soothing as a quick morning dip. When polled, Americans pick blue as their favorite color. Why so true blue? Some say it's the happy familiarity of a blue sky. Others say it's an affinity thing. After all, our bodies are two-thirds water.



Linens and furnishings announce the palette, but colorless walls don't truly invite it in. Horizontal painted stripes, inset into a soft blue background, preclude the need for a headboard.

Ready to try on color? Before you invest all that time in painting a room, invest a bit more money. Buy a quart each of your top three choices. On a main wall in the room, paint at least a two-foot square section of each hue, then live with it over the weekend. See how it looks, and changes, with the light.

Buying information, page 79



PM As the first nighttime pain reliever/sleep aid, ExcedrinPM understands you need a fast-acting medicine that helps fall asleep. What's more, its formula is non-habit forming. Get a night's sleep, so you'll wake up refreshed.

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Enhance your evenings outdoors with these candle ideas. They recall the luminous flickers of dancing fireflies.



The Firefly Effect

Strung from trees, votive candles in short glass holders re-create the simple joy of fireflies lighting up a jar next to your bed. Hang these glass luminaries from tree branches near an eating spot and you'll generate a chandelier effect. Breezes are welcome because the candle flame is protected.

To make these mini lanterns, wrap one length of wire around one side of the lip of a jelly jar, and another length of wire around the other side; at the two points where the wire ends meet, twist the wires together to create a tight cuff of wire around the lip of the jar. If necessary, use needle-nose pliers to twist wires tightly. Curl the four loose wire ends around a pencil to make curlicues. Make a handle out of a third piece of wire, attaching it at the points where the wire cuff is twisted together. Fill the jars with sand and votive candles.

continued on page 70

We just touched on something that makes every other air freshener seem obsolete.





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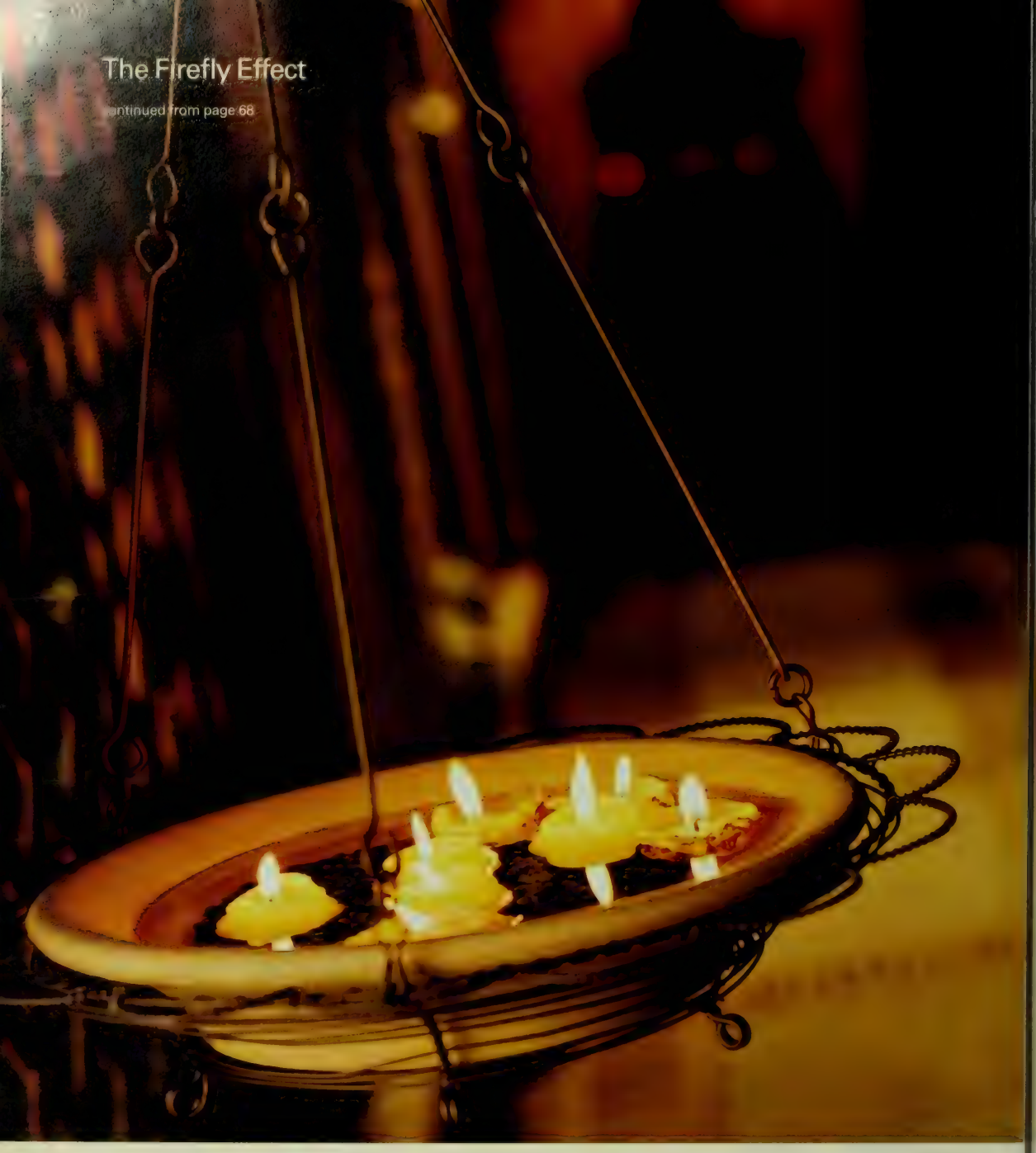
New Renuzit One Touch gives you fragrance that's fresh and pure every time you turn it on. Available in After The Rain,® Wild Orchid and Hazelnut Vanilla.™

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The Firefly Effect

ontinued from page 68



Floating in midair, a suspended birdbath is a pretty landing spot for candles. Bobbing in a broad, shallow container such as this, the gently moving lights have a mesmerizing and calming effect. Another option for creating this look is with a large ceramic or glass bowl on a tabletop. Fill the bottom of the bowl with blue aquarium gravel or decorative glass stones, and add water. Set floating candles on the water, but limit the number so they don't get crowded.

continued on page 72

WHAT THE SKIN EXPERTS CHOOSE *for* MOISTURE AND SUN PROTECTION.

Cetaphil® Daily Facial Moisturizer SPF 15 with advanced sunscreen moisturizes and helps prevent premature skin aging.



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Continued from page 70



Reflected in a mirror, the shimmer and shine of candles and little white lights is enhanced. When serving guests outdoors, it's okay to think beyond casual to elegant. Set up a small buffet, prop a mirror in the back, and reflect a pretty scene or light. Here, the mirror is placed across from a tree filled with strands of white lights. A galvanized bucket of shaved ice holds long taper candles, which seem twice as numerous because of their reflection. Real glassware—not the acrylic kind—sparkles glamorously, and a bouquet of white flowers shows more brightly in candlelight than would another color bloom. Two short candles shining at the bottom of the mirror create a balanced arrangement.

continued on page 74

THESE ARE THE TIMES THAT TRY MEN'S SOULS:

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Scattered among the stones, flickering candles contrast with the earthy darkness around them. At ground level, they provide low illumination for an eating area or a walkway. A taller lantern provides extra light for finding one's way. Votive candles are nestled into white landscaping rock with shiny, reflective surfaces. If the candles are on a flameproof surface, such as a concrete patio, they won't need candleholders. Carved-stone holders, however, fit the scheme.

continued on page 76

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before

after six months

EN YOU LOSE WEIGHT WITH METABOLIFT, WHAT WILL YOU DO WITH YOUR OLD CLOTHES?

i Williams from Greenfield, OH, lost an incredible 68 pounds and went from a size 24 to a size 12 ı just six months using Twinlab's Metabolift. "I tried other diet products," Lori said, "but only the :abolift Diet System had just what I needed to get through the day." That's because it's unlike any er "Metabo" out there. Only Metabolift has everything from Diet Caps and Energy Bars to delicious ıkes and even Gum. Satisfying your appetite. Fighting Fat.*† Helping you feel more fit and alive.

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continued from page 74



Dancing across the table, this line of artful candles has star quality. In a casual setting outdoors, it's the only decoration you'll need in the center of the table. To keep them from stealing the show, however, choose candles with low profiles that won't interrupt conversation. For a consistent look, marry the style of the candles and candleholders with the look of the dishware and tabletop items.

FIRE SAFETY RULES

- Never leave burning candles unattended.
- Pair candles with holders that are fire-safe.
- When grouping candles, keep the wicks at least 4 inches apart to prevent them from igniting each other.
- After the flames are blown out, let hot candleholders cool before handling them.
- Keep candles, matches, and lighters out of the reach of children.
- If suspending the candles, such as in the projects on *pages 68* and *70*, be sure the suspension method is sturdy and flameproof.
- To keep candle flames from burning too high, trim the wicks to a quarter inch before lighting.
- In case of an emergency, have a plan for putting out a fire; keep a fire extinguisher, water hose, or a bucket of water handy.



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Celebrex. The #1 selling prescription arthritis medicine.†

Celebrex. The first arthritis medicine that targets only the COX-2 enzyme.

Celebrex. Powerful 24-hour relief from osteoarthritis pain and stiffness.

Important Celebrex Information. Celebrex should not be taken in late pregnancy or if you've had aspirin-sensitive asthma or allergic reactions to aspirin or other arthritis medicines or certain drugs called sulfonamides. In rare cases serious stomach problems such as bleeding can occur without warning. The most common side effects in clinical trials were indigestion, diarrhea and abdominal pain. Tell your doctor if you have kidney or liver problems. For more information call 1-888-Celebrex or visit www.celebrex.com.

Ask Your Doctor If Celebrex Is Right For You.

CELEBREX
(CELECOXIB CAPSULES) 100 mg 200 mg

Please see important product information on adjacent page

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PHARMACIA Pfizer

BRIEF SUMMARY—CELEBREX® (celecoxib capsules)

INDICATIONS AND USAGE
For relief of the signs and symptoms of OA, and of RA in adults.

CONTRAINDICATIONS
CELEBREX is contraindicated in patients with known hypersensitivity to celecoxib. CELEBREX should not be given to patients who have demonstrated allergic-type reactions to sulfonamides. CELEBREX should not be given to patients who have experienced asthma, urticaria, or allergic-type reactions after taking aspirin or other NSAIDs. Severe, rarely fatal, anaphylactic-like reactions to NSAIDs have been reported in such patients (see WARNINGS—Anaphylactoid Reactions, and PRECAUTIONS—Preexisting Asthma)

WARNINGS
Gastrointestinal (GI) Effects—Risk of GI Ulceration, Bleeding, and Perforation: Serious GI toxicity such as bleeding, ulceration, and perforation of the stomach, small intestine or large intestine, can occur at any time, with or without warning symptoms, in patients treated with NSAIDs. Minor upper GI problems, such as dyspepsia, are common and may also occur at any time during NSAID therapy. Therefore, physicians and patients should remain alert for ulceration and bleeding, even in the absence of previous GI tract symptoms. Patients should be informed about the signs and/or symptoms of serious GI toxicity and the steps to take if they occur. Only 1/5 patients who develop a serious upper GI adverse event on NSAID therapy is symptomatic. Upper GI ulcers, gross bleeding or perforation, caused by NSAIDs, appear to occur in approximately 1% of patients treated for 3–6 months, and in about 2–4% of patients treated for one year. These trends continue thus, increasing the likelihood of developing a serious GI event at some time during the course of therapy. However, even short-term therapy is not without risk. It is unclear, at the present time, how the above rates apply to CELEBREX (see CLINICAL STUDIES—Special Studies in the complete prescribing information). Among 5,285 patients who received CELEBREX in controlled clinical trials of 1 to 6 months duration (most were 3 month studies) at a daily dose of 200 mg or more, 2 (0.04%) experienced significant upper GI bleeding, at 14 and 22 days after initiation of dosing. Approximately 40% of these 5,285 patients were in studies that required them to be free of ulcers by endoscopy at study entry. Thus it is unclear if this study population is representative of the general population. Prospective, long-term studies required to compare the incidence of serious, clinically significant upper GI adverse events in patients taking CELEBREX vs. comparator NSAID products have not been performed. NSAIDs should be prescribed with extreme caution in patients with a prior history of ulcer disease or GI bleeding. Most spontaneous reports of fatal GI events are in elderly or debilitated patients and therefore special care should be taken in treating this population. **To minimize the potential risk for an adverse GI event, the lowest effective dose should be used for the shortest possible duration.** For high risk patients, alternate therapies that do not involve NSAIDs should be considered. Studies have shown that patients with *a prior history of peptic ulcer disease and/or GI bleeding* and who use NSAIDs, have a greater than 10-fold higher risk for developing a GI bleed than patients with neither of these risk factors. In addition to a past history of ulcer disease, pharmacoepidemiological studies have identified several other co-therapies or co-morbid conditions that may increase the risk for GI bleeding such as: treatment with oral corticosteroids, treatment with anticoagulants, longer duration of NSAID therapy, smoking, alcoholism, older age, and poor general health status.

Anaphylactoid Reactions: As with NSAIDs in general, anaphylactoid reactions have occurred in patients without known prior exposure to CELEBREX. In post-marketing experience, rare cases of anaphylactic reactions and angioedema have been reported in patients receiving CELEBREX. CELEBREX should not be given to patients with the aspirin triad. This symptom complex typically occurs in asthmatic patients who experience rhinitis with or without nasal polyps, or who exhibit severe, potentially fatal bronchospasm after taking aspirin or other NSAIDs (see CONTRAINDICATIONS and PRECAUTIONS—Preexisting Asthma). Emergency help should be sought in cases where an anaphylactoid reaction occurs.

Advanced Renal Disease: Treatment with CELEBREX is not recommended.

Pregnancy: In late pregnancy CELEBREX should be avoided because it may cause premature closure of the ductus arteriosus.

PRECAUTIONS
General: CELEBREX cannot be expected to substitute for corticosteroids or to treat corticosteroid insufficiency. The pharmacological activity of CELEBREX in reducing inflammation, and possibly fever, may diminish the utility of these diagnostic signs in detecting infectious complications of presumed non-infectious, painful conditions.

Hepatic Effects: Borderline elevations of one or more liver tests may occur in up to 15% of patients taking NSAIDs, and notable elevations of ALT or AST (approximately three or more times the upper limit of normal) have been reported in approximately 1% of patients in clinical trials with NSAIDs. These laboratory abnormalities may progress, may remain unchanged, or may be transient with continuing therapy. Rare cases of severe hepatic reactions, including jaundice and fatal fulminant hepatitis, liver necrosis and hepatic failure (some with fatal outcome) have been reported with NSAIDs, including CELEBREX. (See ADVERSE REACTIONS—post-marketing experience.) In controlled clinical trials of CELEBREX, the incidence of borderline elevations of liver tests was 6% for CELEBREX and 5% for placebo, and approximately 0.2% of patients taking CELEBREX and 0.3% of patients taking placebo had notable elevations of ALT and AST. A patient with symptoms and/or signs suggesting liver dysfunction, or in whom an abnormal liver test has occurred, should be monitored carefully for evidence of the development of a more severe hepatic reaction while on therapy with CELEBREX. If clinical signs and symptoms consistent with liver disease develop, or if systemic manifestations occur (e.g., eosinophilia, rash, etc.), CELEBREX should be discontinued.

Renal Effects: Long-term administration of NSAIDs has resulted in renal papillary necrosis and other renal injury. Renal toxicity has also been seen in patients in whom renal prostaglandins have a compensatory role in the maintenance of renal perfusion. In these patients, administration of an NSAID may cause a dose-dependent reduction in prostaglandin formation and, secondarily, in renal blood flow, which may precipitate overt renal decompensation. Patients at greatest risk of this reaction are those with impaired renal function, heart failure, or liver dysfunction, those taking diuretics and ACE inhibitors, and the elderly. Discontinuation of NSAID therapy is usually followed by recovery to the pretreatment state. Clinical trials with CELEBREX have shown renal effects similar to those observed with comparator NSAIDs. Caution should be used when initiating treatment with CELEBREX in patients with considerable dehydration. It is advisable to rehydrate patients first and then start therapy with CELEBREX. Caution is also recommended in patients with pre-existing kidney disease (see WARNINGS—Advanced Renal Disease).

Hematological Effects: Anemia may occur. In controlled clinical trials the incidence of anemia was 0.6% with CELEBREX and 0.4% with placebo. Patients on long-term treatment with CELEBREX should have their hemoglobin or hematocrit checked if they exhibit any signs or symptoms of anemia or blood loss. CELEBREX does not generally affect platelet counts, prothrombin time (PT), or partial thromboplastin time (PTT), and does not appear to inhibit platelet aggregation at indicated dosages (See CLINICAL STUDIES—Special Studies—Platelets in the complete prescribing information).

Fluid Retention and Edema: Fluid retention and edema may occur (see ADVERSE REACTIONS). Therefore, CELEBREX should be used with caution in patients with fluid retention, hypertension, or heart failure.

Preexisting Asthma: Do not use in patients with aspirin-sensitive asthma because of the risk of severe bronchospasm. Use with caution in patients with preexisting asthma.

Laboratory Tests: Because serious GI tract ulcerations and bleeding can occur without warning symptoms, physicians should monitor for signs or symptoms of GI bleeding. During the controlled clinical trials, there was an increased incidence of hyperchloremia in patients receiving celecoxib compared with patients on placebo. Other laboratory abnormalities that occurred more frequently in the patients receiving celecoxib included hypophosphatemia, and elevated BUN. These laboratory abnormalities were also seen in patients who received comparator NSAIDs in these studies. The clinical significance of these abnormalities has not been established.

Drug Interactions: ***General:*** Celecoxib metabolism is predominantly mediated via cytochrome P450 2C9 in the liver. Co-administration of celecoxib with drugs that are known to inhibit 2C9 should be done with caution. *In vitro* studies indicate that celecoxib, although not a substrate, is an inhibitor of cytochrome P450 2D6. Therefore, there is a potential for an *in vivo* drug interaction with drugs that are metabolized by P450 2D6. ***ACE-inhibitors:*** Reports suggest that NSAIDs may diminish the antihypertensive effect of Angiotensin Converting Enzyme (ACE) inhibitors. This interaction should be given consideration in patients taking CELEBREX concomitantly with ACE-inhibitors. ***Furosemide:*** Clinical studies, as well as post marketing observations, have shown that NSAIDs can reduce the natriuretic effect of furosemide and thiazides in some patients. This response has been attributed to inhibition of renal prostaglandin synthesis. ***Aspirin:*** CELEBREX can be used with low dose aspirin. However, concomitant administration of aspirin with CELEBREX may result in an increased rate of GI ulceration or other complications, compared to use of CELEBREX alone (see CLINICAL STUDIES—Special Studies—Gastrointestinal in the complete prescribing information). Because of its lack of platelet effects, CELEBREX is not a substitute for aspirin for cardiovascular prophylaxis. ***Fluconazole:*** Concomitant administration of fluconazole at 200 mg QD resulted in a two-fold increase in celecoxib plasma concentration. This increase is due to the inhibition of celecoxib metabolism via P450 2C9 by fluconazole (see Pharmacokinetics—Metabolism). CELEBREX should be introduced at the lowest recommended dose in patients receiving fluconazole. ***Lithium:*** In a study conducted in healthy subjects, mean steady-state lithium plasma levels increased approximately 17% in subjects receiving CELEBREX 300 mg BID. Patients on lithium treatment should be closely monitored when CELEBREX is introduced or withdrawn. ***Methotrexate:*** In an interaction study of rheumatoid arthritis patients taking methotrexate, CELEBREX did not have a significant effect on the pharmacokinetics of methotrexate. ***Warfarin:*** The anticoagulant activity should be monitored, particularly in the first few days, after initiating or changing CELEBREX therapy in patients receiving warfarin or similar agents, since these patients are at increased risk of bleeding complications. The effect of celecoxib on the anticoagulant effect of warfarin was studied in a group of healthy subjects receiving daily doses of 2–5 mg of warfarin. In these subjects, celecoxib did not alter the anticoagulant effect of warfarin as determined by prothrombin time. However, in post-marketing experience, bleeding events have been reported, predominantly in the elderly, in association with increases in prothrombin time in patients receiving CELEBREX and currently with warfarin. **Carcinogenesis, mutagenesis, impairment of fertility:** Celecoxib was not carcinogenic in rats given oral doses up to 200 mg/kg for males and 10 mg/kg for females (approximately 2- to 4-fold the human exposure as measured by the AUC_{0-24} at 200 mg BID) or in mice given oral doses up to 25 mg/kg for males and 50 mg/kg for females (approximately equal to human exposure as measured by the AUC_{0-24} at 200 mg BID) for two years. Celecoxib was not mutagenic in an Ames test and a mutation assay in Chinese hamster ovary (CHO) cells, nor clastogenic in a chromosome aberration assay in CHO cells and an *in vivo* micronucleus test in rat bone marrow. Celecoxib did not impair male and female fertility in rats at oral doses up to 600 mg/kg/day (approximately 11-fold human exposure at 200 mg BID based on the AUC_{0-24}).

Pregnancy: ***Teratogenic effects:*** Pregnancy Category C. Celecoxib was not teratogenic in rats or rabbits at oral dose of 60 mg/kg/day (equal to human exposure at 200 mg BID as measured by AUC_{0-24}), however, at oral doses ≥150 mg/kg/day (approximately 2-fold human exposure at 200 mg BID as measured by AUC_{0-24}), an increased incidence of fetal alterations, such as ribs fused, sternebrae fused and sternebrae misshapen, was observed. A dose-dependent increase in diaphragmatic hernias was observed in one of two rat studies at oral doses ≥30 mg/kg/day (approximately 6-fold human exposure based on the AUC_{0-24} at 200 mg BID). There are no studies in pregnant women. Celecoxib should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. ***Nonteratogenic effects:*** Celecoxib produced preimplantation and post-implantation loss in rats at reduced embryo/fetal survival in rats at oral dosages ≥50 mg/kg/day (approximately 6-fold human exposure based on the AUC_{0-24} at 200 mg BID). These changes are expected with inhibition of prostaglandin synthesis and are not the result of permanent alteration of female reproductive function, nor are they expected at clinical exposures. No studies have been conducted to evaluate the effects of celecoxib on the closure of the ductus arteriosus in humans. Therefore, use of CELEBREX during the third trimester of pregnancy should be avoided. **Labor and delivery:** Celecoxib produced no evidence of delayed labor or parturition at oral doses up to 100 mg/kg in rats (approximately 3-fold human exposure as measured by the AUC_{0-24} at 200 mg BID). The effects of CELEBREX on labor and delivery in pregnant women are unknown. **Nursing mothers:** It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants from CELEBREX, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother.

Pediatric Use: Safety and effectiveness in pediatric patients below the age of 18 years have not been evaluated.

Geriatric Use: Of the total number of patients who received CELEBREX in clinical trials, more than 2,100 were 65–74 years of age, while approximately 800 additional patients were 75 years and over. While the incidence of adverse experiences tended to be higher in elderly patients, no substantial differences in safety and effectiveness were observed between these subjects and younger subjects. Other reported clinical experience has not identified differences in response between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. In addition, studies comparing renal function as measured by the GFR, BUN and creatinine, and platelet function as measured by bleeding time and platelet aggregation, the results were not different between elderly and young volunteers.

ADVERSE REACTIONS
Adverse events occurring in ≥2% of Celebrex patients from controlled arthritis trials, regardless of causality at recommended doses (N=4146): abdominal pain 4.1%, diarrhea 5.6%, dyspepsia 4.3%, flatulence 2.2%, nausea 3.5%, back pain 2.8%, peripheral edema 2.1%, injury-accidental 2.9%, dizziness 2.0%, headache 15.8%, insomnia 2.3%, pharyngitis 2.3%, rhinitis 2.0%, sinusitis 5.0%, upper respiratory tract infection 8.1%, rash 2.2%. In placebo- or active-controlled clinical trials, the discontinuation rate due to adverse events was 7.1% for patients receiving CELEBREX and 6.1% for patients receiving placebo. Among the most common reasons for discontinuation due to adverse events in the CELEBREX treatment groups were dyspepsia and abdominal pain (cited as reasons for discontinuation in 0.8% and 0.7% of CELEBREX patients, respectively). Among patients receiving placebo, 0.4% discontinued due to dyspepsia and 0.6% withdrew due to abdominal pain. The following adverse events occurred in 0.1–1.9% of patients regardless of causality.

Celebrex (100–200 mg BID or 200 mg QD): ***GI:*** Constipation, diverticulitis, dysphagia, eructation, esophagitis, gastritis, gastroenteritis, gastroesophageal reflux, hemorrhoids, hiatal hernia, dry mouth, stomatitis, tenesmus, tooth disorder, vomiting; ***Cardiovascular:*** Aggravated hypertension, angina pectoris, coronary artery disorder, myocardial infarction; ***General:*** Allergy aggravated, allergic reaction, asthenia, chest pain, cyst NOS, edema generalized, face edema, fatigue, fever, hot flushes, influenza-like symptoms, pain, peripheral pain; ***Resistance mechanism disorders:*** Herpes simplex, herpes zoster, infection bacterial, infection fungal, infection soft tissue, infection viral, moniliasis, moniliasis genital, otitis media; ***Central, peripheral nervous system:*** Leg cramps, hypertonia, hypesthesia, migraine, neuralgia, neuropathy, paresthesia, vertigo; ***Female reproductive:*** Breast fibrosis, breast neoplasm, breast pain, dysmenorrhea, menstrual disorder, vaginal hemorrhagitis; ***Male reproductive:*** Prostatic disorder; ***Hearing and vestibular:*** Deafness, ear abnormality, otitis, tinnitus; ***Heart rate and rhythm:*** Palpitation, tachycardia; ***Liver and biliary system:*** Hepatic function abnormal, SGOT increased, SGPT increased; ***Metabolic and nutritional:*** BUN increased, creatinine increased, diabetes mellitus, hypercholesterolemia, hyperglycemia, hypokalemia, NPN increased, uric acid increased, alkaline phosphatase increased, weight increase; ***Musculoskeletal:*** Arthralgia, arthrosis, bone disorder, fracture accidental, myalgia, neck stiffness, synovitis, tendinitis; ***Platelet, bleeding or clotting):*** Ecchymosis, epistaxis, thrombocythemia; ***Psychiatric:*** Anorexia, decreased appetite increased, depression, nervousness, somnolence; ***Hemic:*** Anemia; ***Respiratory:*** Bronchitis, bronchospasm, bronchospasm aggravated, coughing, dyspnea, laryngitis, pneumonia; ***Skin and appendages:*** Alopecia, dermatitis, nail disorder, photosensitivity reaction, pruritus, rash erythematous, rash maculopapular, skin disorder, skin dry, sweating increased, urticaria; ***Application disorders:*** Cellulitis, dermatitis contact, injection site reaction, skin nodule; ***Special senses:*** Taste perversion; ***Urinary system:*** Albuminuria, cystitis, dysuria, hematuria, micturition frequency, renal calculus, urinary incontinence, urinary tract infection; ***Vision:*** Blurred vision, cataract, conjunctivitis, eye pain, glaucoma.

Other serious adverse reactions which occur rarely (estimated <0.1%), regardless of causality: The following serious adverse events have occurred rarely in patients taking CELEBREX. Cases reported only in the post-marketing experience are indicated in italics. ***Cardiovascular:*** Syncope, congestive heart failure, ventricular fibrillation, pulmonary embolism, cerebrovascular accident, peripheral gangrene, thrombophlebitis, *vasculitis;* ***GI:*** Intestinal obstruction, intestinal perforation, gastrointestinal bleeding, colitis with bleeding, esophageal perforation, pancreatitis, ileus; ***Liver and biliary system:*** Cholelithiasis, *hepatitis, jaundice, liver failure;* ***Hemic and lymphatic:*** Thrombocytopenia, *agranulocytosis, aplastic anemia, pancytopenia, leukopenia;* ***Metabolic:*** *Hypoglycemia;* ***Nervous system:*** Ataxia, suicide; ***Renal:*** Acute renal failure, *interstitial nephritis;* ***Skin:*** *Erythema multiforme, exfoliative dermatitis, Stevens-Johnson syndrome, toxic epidermal necrolysis;* ***General:*** Anaphylaxis, sudden death, *anaphylactoid reaction, angioedema.*

OVERDOSAGE
Symptoms following acute NSAID overdoses are usually limited to lethargy, drowsiness, nausea, vomiting, and epigastric pain, which are generally reversible with supportive care. GI bleeding can occur. Hypertension, acute renal failure, respiratory depression and coma may occur, but are rare. Anaphylactoid reactions have been reported with therapeutic ingestion of NSAIDs, and may occur following an overdose. Patients should be managed by symptomatic and supportive care following an NSAID overdose. There are no specific antidotes. No information is available regarding the removal of celecoxib by hemodialysis, but based on its high degree of plasma protein binding (>97%) dialysis is unlikely to be useful in overdose. Emesis and/or activated charcoal (60 to 100 g in adults, 1–2 g/kg in children) and/or osmotic cathartic may be indicated in patients seen within 4 hours of ingestion with symptoms or following a large overdose. Forced diuresis, alkalinization of urine, hemodialysis, or hemoperfusion may not be useful due to high protein binding.

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buying guide

ome of the products shown editorially *Better Homes and Gardens*® maga- ne can be obtained locally. For more formation, contact the manufacturers ted below.

ecorating the Outdoors

ge 25: candle chandelier—IKEA Home Furnish- gs; for a catalog or more information call 0/434-4532. **Curtain fabric,** 5682—Sunbrella; ww.sunbrella.com.

ge 27: deck stain—Thompson's Wood Seal terior Stains; for a retail store call 800/367-6297; ww.thompsonsonline.com.

ge 30: hanging lanterns—IKEA Home Furnish- gs; for a catalog or more information call 800/434- 32. **Fabric for tent,** 6486, "Atherton"—Shae signs; for more information call 800/892-7779 k for Shae Bowles).

ge 32: bench and chair cushion fabric, "Little ues," 401 (Blue), 501 (Red)—Calico Corners; for catalog call 800/213-6366. **Trestle bench,** 801; **ble top,** 530; **legs,** 531—Whittier Wood Products; r customer service or to find a local dealer call 0/653-3336.

ecorating Shop™

ge 34: Deck Embellishment Stencil Set—signer Stencils, 2503 Silverside Rd., Wilmington, 19810. ***Tussie-Mussies: The Language of owers***—Workman Publishing Co., 708 Broadway, ew York, NY 10003.

ge 35: Bulbs Bursting in Air prints—Art in otion, 2000 Hartley Ave., Coquitlam, BC Canada 3K6W5.

ussie-Mussies

ges 36-44: ribbon—Midori Ribbon; for a retailer ar you call 800/659-3049.

ll-Occasion Tables

ge 48 (*top*): white striped tumbler, "Basic oc"—available at Bloomingdales; Web site: ww.bloomingdales.com. **Lavender mug, forged eel flatware**—The Terence Conran Shop, 407 E. 1th St., New York, NY 10022; 212/755-9079; Web site: ww.conran.com. **(*Bottom*): blue swirl stemware**—er 1 Imports; for the store nearest you call 800/447- 371; www.pier1.com. **Matte finished flatware,** Boda Nova Zenit Matte"—available at Blooming- ales; www.bloomingdales.com.

ge 50 (*top*): floral enamelware—MacKenzie- hilds; for more information call 800/640-0546; ww.mackenzie-childs.com. **Plaid place mat**—Pier Imports; for the store nearest you call 800/447- 371; www.pier1.com. **(*Bottom*): apple green eramic bowl**—The Terence Conran Shop (address bove). **Striped tumbler,** "Basic Bloc"—available at loomingdales; www.bloomingdales.com.

ge 52 (*top*): glass mug, flatware, "Lily"—Pier 1 mports; to locate the store nearest you call 800/447- 371; Web site: www.pier1.com. **(*Bottom*): flatware,** Aladdin"—Vietri, 343 Elizabeth Brady Rd.; Hills- orough, NC 27278; 800/277-5933. **Gold-dotted oblet, coaster, place mat, square dish**—Pier 1 mports; for the store nearest you call 800/447-4371; ww.pier1.com.

olor Makeovers

ge 62: Robert Abbey table lamp—Target Stores; or more information call 800/800-8800; Web site: ww.target.com. **Paint on wall,** BHG-27 (Snow ay); **trim paint,** BHG-22 (Gym Floor)—Behr Paint rough The Home Depot; www.homedepot.com. **abric cover on sofa,** "Glosheen," 645519 (Petal)— Waverly; for more information call 800/423-5881; ww.waverly.com. **Cocktail table,** "Talmadge" Spice); **side table,** "Chaplain" (Spice)—Norwalk urniture; www.norwalkfurniture.com.

age 64: paint on wall, BHG-20 (Basket)—Behr Paint through The Home Depot; www.homedepot.com. **Curtain fabric,** "Oriental Toile," 665373 (Yellow Ochre)—Waverly; for information call 800/423-5881; www.waverly.com. **Fabric for chair cover,** "Prescott," 663687 (Butter Cream)—Waverly; for information call 800/423-5881; www.waverly.com. **Chair**—Room & Board; for more information call 800/486-6554; www.roomandboard.com. **Table,** "Swanson"—Norwalk Furniture; www.norwalkfurniture.com.

Page 66: paint on wall, BHG-44 (Skydive); **paint stripe on wall,** BHG-45 (Summer Vacation); **dark stripe on wall,** 1455 (Arctic Blue)—Behr Paint through The Home Depot; www.homedepot.com.

Stretching Skimpy Kitchens

Pages 88-90: cabinets, "Quest," #073—Crystal Cabinet Works, Inc., 1100 Crystal Dr., Princeton, MN 55371; 800/347-5045; www.ccworks.com. **Window**—Alpine Window, 19720 Bothell-Everett Hwy., SE, Bothell, WA 98012-8124; 800/800-5920. **Rug,** "Sarouk" (Red)—Karastan; for a retailer call 800/848-2020; www.karastan.com. **Sink,** "Lakefield" (White)—Kohler Co.; 800/456-4537; Web site: www.kohlerco.com. **Faucet,** "#33.853-L" (White)—Grohe America, Inc., 241 Covington Dr., Bloomingdale, IL 60108; 630/582-7711. **Cooktop**—Jenn-Air, Maytag Customer Service, 240 Edwards St., Cleveland, TN 37311; 800/688-1100; www.jennair.com. **Oven,** "W3051HW"—Dacor, 950 S. Raymond Ave., Pasadena, CA 91109; 800/793-0093; Web site: www.dacorappl.com. **Collection in greenhouse window, paintings, untitled acrylic still life, dining room table and chairs, light fixture**—homeowners' personal collection. **Cedar ceiling**—original to house. **Cabinet hardware**—no source.

Pages 92-94: sink, "Diamond Jubilee," NG-3322—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60523; 630/574-8484. **Faucet,** "LadyLux Plus" (Chrome)—Grohe America, Inc. (address above). **Window**—McAlpine Youngstown, 18092 Chesterfield Airport Rd., Chesterfield, MO 63005; 314/752-6363. **Wood**

continued on page 134



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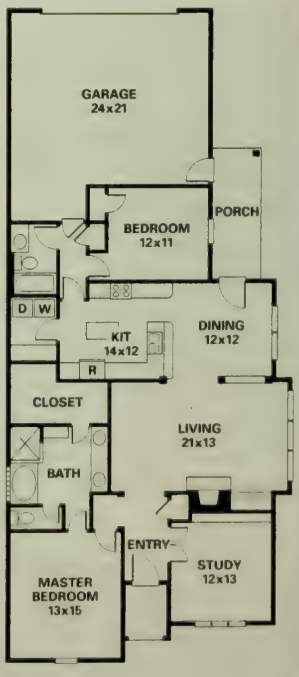
Adorable, Adaptable

Don't let its dollhouse charm fool you; this French country charmer packs a lot of family flexibility into its slim footprint. Just inside the sheltered entry is a front-facing study that could double as a home office. Beyond lies a spacious 21-foot-long living room and separate dining room. Opposite the hearth, a colonnade frames fireside views for diners, and big windows capture expansive views of the garden. Built-ins next to the fireplace store media gear in the living room, and bookshelves line one wall of the study.

The back bedroom could be a mini suite. It connects to a full bath via a short hall that can be closed off from the rest of the house. A service door to the garage provides separate access for guests, kids, or a live-in companion.

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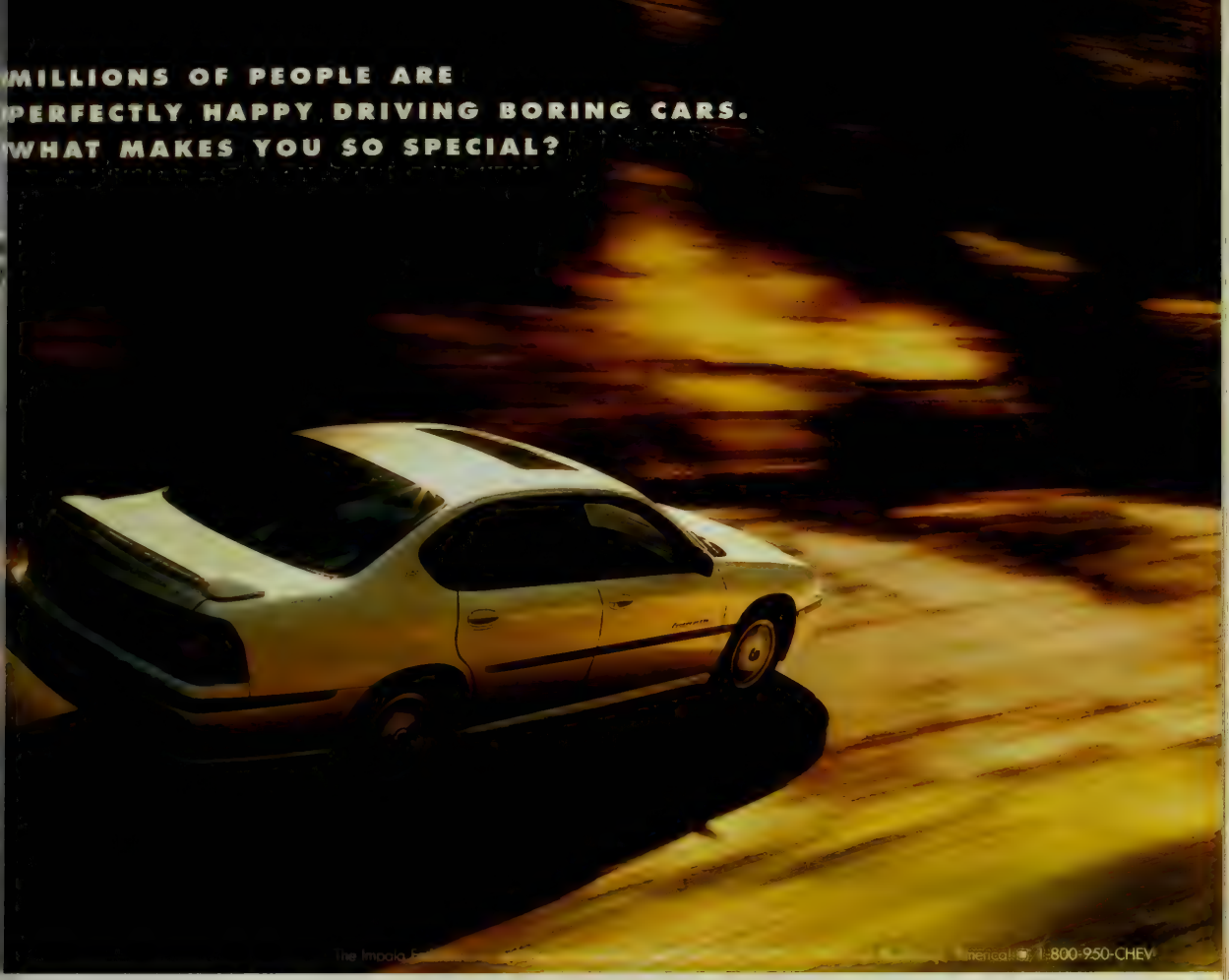
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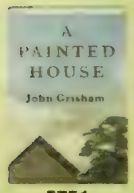
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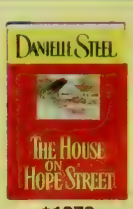
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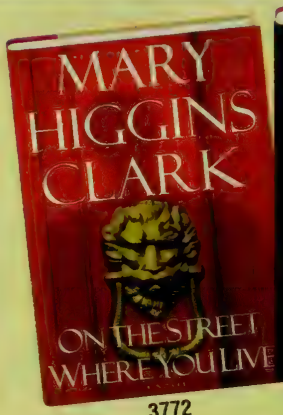
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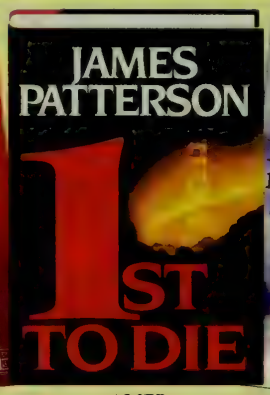
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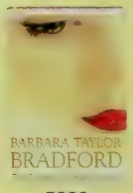
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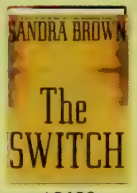
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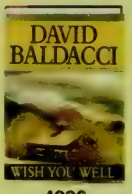
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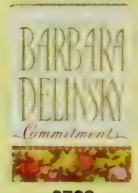
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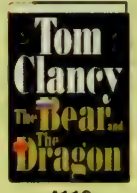
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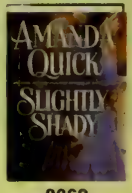
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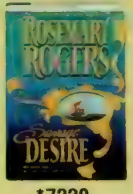
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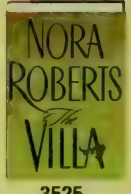
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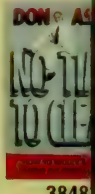
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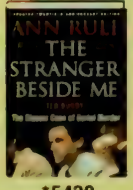

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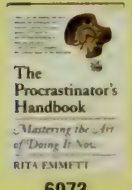
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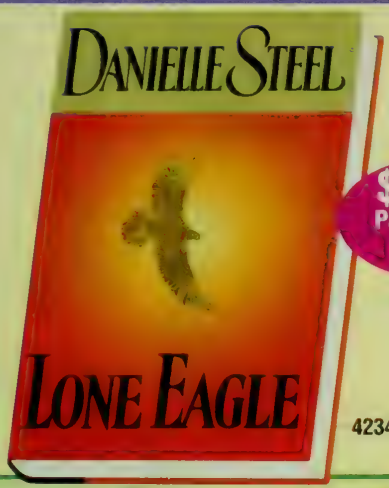
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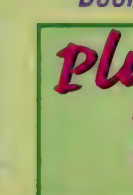
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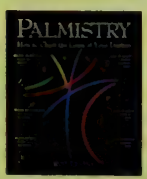
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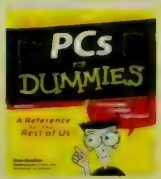
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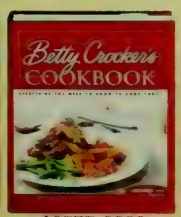
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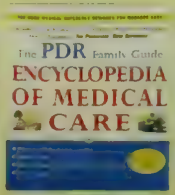
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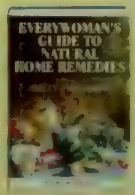
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Call Harry and David at 800/227-3313 or visit *www.harryanddavid.com* for the popular pink miniature roses in a bouquet basket (*right*). **Miracle Rose Basket** (item #14444M). $39.95, plus delivery. Or order the **Spring Miracle Rose Garden** (item #14304M), which features perfect miniature blooms in bright red, sunny yellow, and blushing pink (*above*). The three 4-inch pots sit inside a handy window basket, which measures 14x4½x9 inches high. $49.95, plus delivery.

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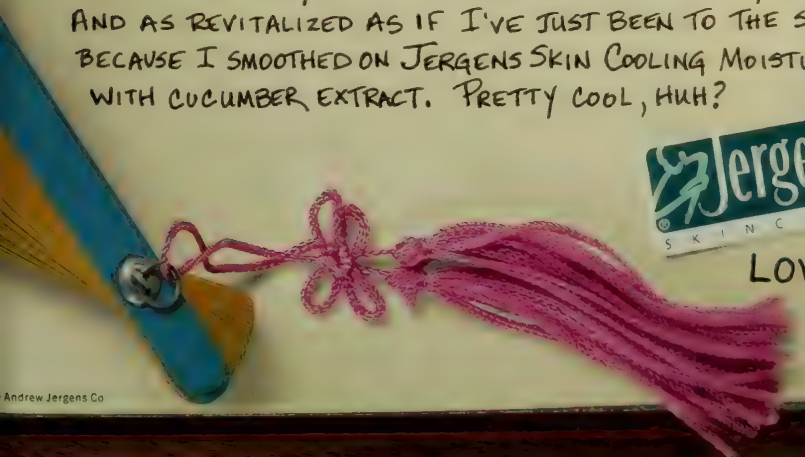
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stretching Skimpy Kitchens

Replacing a double wall oven with a range provided enough cabinet and countertop space to satisfy Pauline and Juergen Heise's needs. It also allowed the adjacent eating area to remain intact. Glass doors open to a new deck that more than doubles dining space in the summer.

Expand With the Power of Light

Once a dark, 1950s-style galley, this sleek new kitchen required only minor surgery to reorganize it for the next century. Washingtonians Pauline and Juergen Heise replaced the old cabinets, fixtures, and appliances with crisp white accoutrements—and then bathed everything in big splashes of light.

A sink-side garden window that juts out 13 inches from the wall replaced a small casement, and vinyl sliding doors were installed at the end of the room, where there had been inefficient metal-framed doors that often fogged up. A sleek pendant light hangs over the breakfast room table.

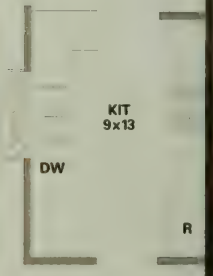
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Floods are not selective in their destruction. They do not respect wealth or privilege, class or creed.
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And they are anything but rare. Every year, floods account for over $2 billion in property damage. Worse still, they can happen anywhere. In fact, about 25% of all flood insurance claims come from areas that are not even designated high risk.
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Start from page 88

A garden window bumps out from the kitchen's sink wall (*left*), providing a convenient and sunny spot for growing herbs and starting new plants.

Open soffits give the wall cabinets (*bottom*) a floating look and provide display space for the homeowners' art pieces.



BOOST VIEWS AND SUNLIGHT

Maximizing natural light and taking advantage of views beyond your home's exterior walls can help even a modestly sized space feel larger and airier. Keep these ideas in mind:

Swap small windows for larger ones. For a window that uses a standard opening but pushes the view further, consider a garden window (*above*), which juts several inches outside and adds extra counter and/or display space.

Plan on glass doors. Glass blurs the transition to the yard, extending long-range views.

Remove non-load-bearing walls. Interior walls often prevent sunlight from permeating a home.



continued on page 9

efore you dive

into the jar of peanut butter with a soup spoon,

may we make a ***suggestion?***



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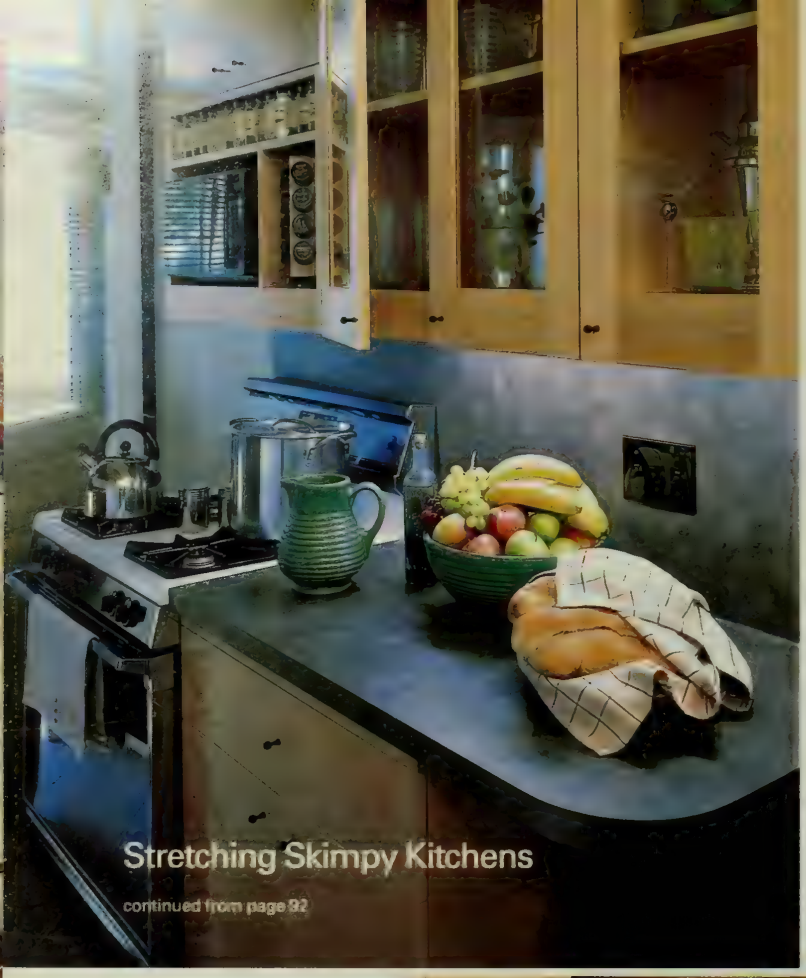
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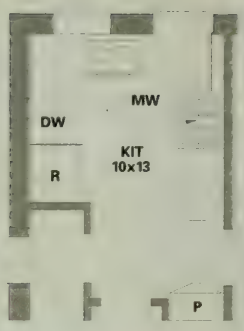
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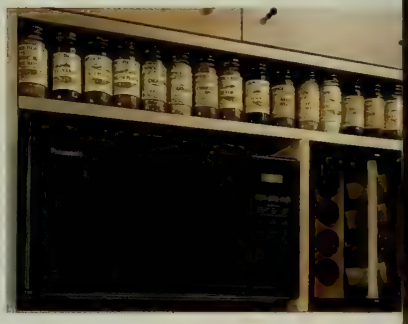
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Stretching Skimpy Kitchens

continued from page 92







A cabinet built for a microwave oven and spi rack keeps the countertop free of clutter.

Glass-front wall cabinets (*above*) add a sense of depth to the narrow kitchen.

The new pantry (*right*) takes up what was once a blank wall. The built-in unit backs into part of a closet on the other side of the wall, gaining abundant drawer and shelf space.



Buying information, page 79

STORE MORE

Small kitchens with smart storage features can hold items more efficiently than larger kitchens that are poorly planned. These ideas will put your cabinets to best use:

Stretch cabinets to the ceiling. Soffits often bridge the gap between the top of your cabinets and the ceiling. Plan on taller upper cabinets that replace this wasted space with high shelves. Store seldom-used dishes or decorative items here (as shown on *page 90*).

Boost cabinet innards. Hardware that takes advantage of a cabinet's full height and depth—such as a tall rack that pulls out from a narrow space or a swing-out shelf that brings the contents of a deep corner cabinet toward the front—can be planned at the building stage. In some cases, specialty racks can be fitted to existing cabinets.

Use more drawers. It's often easier to retrieve large items, such as pots, pans, and small appliances, from deep drawers in the base cabinets.

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Kitchen Appliances

The case of the disappearing dishwasher. If you think dishwashers should be neither seen nor heard, here's one you'll like. Top-mounted touch controls hide away when you close the door; add your cabinet trim panel to complete the disguise. Fully Integrated dishwasher from Asko, starting at $950; 800/898-1879.

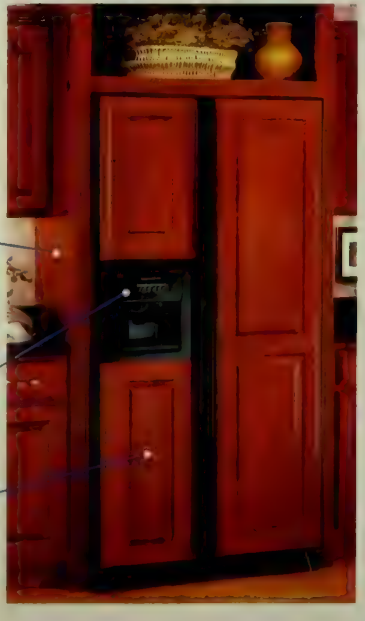
The big (not bulky) chill. This refrigerator (*right*) offers large capacity in a space-saving design. Superba Counter Depth refrigerator by KitchenAid, starting at $2,000; 800/422-1230.

Flush front. The fridge is 24 inches deep—the same as most cabinets—so it doesn't protrude into the room.

Clean convenience. The AquaSense system treats 500 gallons before it signals you to replace the front-mount filter (*left*).



Just your look. Choose a stainless-steel, black, white, or biscuit factory finish, or add custom panels that blend with your cabinets.









SPEED OPTIONS

WHAT'S COOKING?

- Roast a turkey in this range (*to* and still have space for two 9×1 inch pans on the side. Americ Best II range from Kenmore, $650 $1,050; 888/536-6673.
- Rectangular pans fit perfec on the versatile "bridge" eleme of this radiant electric cookt (*center*). The cooktop's three-spe downdraft vent is ideal for island installation. Profile Perf mance cooktop from GE, $1,0 800/626-2000.
- Speed up the dinnertime crun with a range that combines radia heat and microwave energy cook twice as fast. Easy-to-u controls include a "check foo reading (*bottom*) that reminds y to take a peek after 75 percent the cook time has passed. Acce 2X range from Maytag, $1,1 888/462-9824.


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Geez, I could stand to lose a few pounds, thought Maxine.

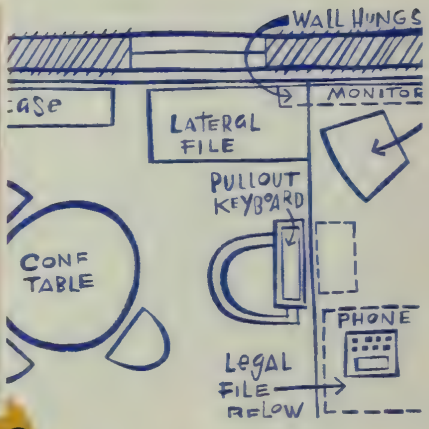
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home office planner

by James A. Hufnagel

A well-thought-out home office marries the efficiency of a business workplace with... well...the comforts of home. Whether you're a home-based entrepreneur, a telecommuter working all or part-time away from your company's offices, or just someone looking for a cozy place to pay bills and surf the Internet, some sort of home office probably figures high on your list of living spaces.

Let the pages that follow bring you up to speed on what you'll need to create a work haven at home—a spot that functions well for you, and most importantly, is a pleasant place for you to be.

continued on page 102

Something in 5 minutes you might actually find satisfying.





Just heat & eat.

Ready for a great meal?

 continued from page 100

What sort of office do you need—and where?



Integrating an office into your home requires that you first decide on your particular needs, then scout out the spot that comes closest to meeting them. Start by answering these questions.

- Do you prefer to work in a quiet setting, or does a little household noise keep you motivated?
- Are you willing to share space with a spouse or child, or have the office serve as an occasional guest room?
- Will clients visit your workspace? If so, will you try to provide it with a separate exterior entrance so visitors won't have to traipse through your home's main living areas?
- Will this be an office you will use many days or nights a week, or simply a space for keeping track of family finances?



Upstairs or downstairs?

Let's look at the pros and cons of typical home office sites.

1. Spare bedroom. Bedrooms convert easily into home offices. They offer space away from household hubbub, enough square footage for office equipment, and built-in storage in existing closets. Of course, not all homes have a bedroom to spare.

2. Your own bedroom. Lots of privacy here, but not a good choice if you need to burn late-night oil while your spouse attempts to sleep.

3. Attic. Lots of quiet up here, too, but a low ceiling, lack of light, and access problems can necessitate expensive remedies. Plus, attics can be too hot or too cold.

4. Basement. A good choice, provided yours doesn't have humidity problems or tiny below-grade windows. A walkout basement makes an ideal place for receiving clients or deliveries.

5. Garage. Also great for clients, but you'll have to find a place for the car (or cars) your office displaces.

6. Dining room. Many families wouldn't miss the dining room if it were converted into a home office. But few people could function in the chaos created by working next to family living areas. Evaluate whether your dining room can provide the atmosphere you need for working at home.

7. Family room. If you don't mind file cabinets and electronic equipment in your family room, it might be just the place for your office, especially if you intend to use it to conduct family business. But offices are prone to clutter, and you can expect lots of interruptions here.

8. Kitchen. A great place for paying bills and balancing the checkbook, but high traffic makes the kitchen a poor place for a full-service home office.

9. A closet. Walk-in or even shallow closets can easily convert to a compact office, and when you're done working, you can just close the door on messy paperwork.



10. Under stairs. Another possibility for cozy working quarters. Of course, headroom can pose a problem.

11. Adding on. Building an addition is not a project to be undertaken lightly, nor is it an option to dismiss out of hand. If you're happy with your home but need room for an at-home business, an addition might be just the way to go. The key is to plan new space that can accommodate your need for work room now, yet be easily converted to less specialized uses—a family room, for instance—by future owners. At present time, a dedicated office does not add a lot to the value of a home.

continued on page 104


what would
you dream of doing tomorrow
if tonight you had
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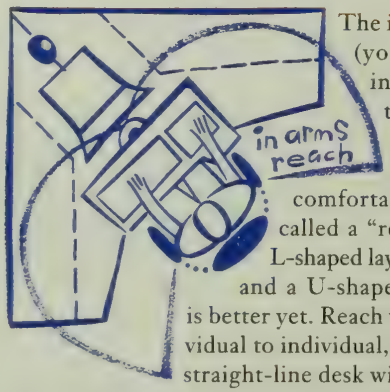
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Setting up shop

After you have decided on a locatio for your home office, you face th challenge of equipping it. The right furniture an machinery enhances your efficiency and makes you workspace a refuge where you will enjoy spendin extended periods of time. Do you prefer a matchin suite of space-age-style furniture? Or would you wor more comfortably in a traditional setting? Th answers to these questions are up to you, but certai basics apply to any workstation.

What's your reach radius?



The ideal workstatio (your office migh incorporate mor than one) put everything yo need within comfortable arm's reach called a "reach radius." A L-shaped layout works bette and a U-shaped configuratio is better yet. Reach varies from indi vidual to individual, but a traditiona straight-line desk with shelves abov it usually puts some items beyond easy grasp and waste potential work surface or shelving on either side.



Mix up the right light

- **General lighting fills the workspace.** Light should be sof and diffuse, and should come from several sources. A single overhead fixture could reflect in your compute monitor, so consider modulating lighting with a dimme switch and supplementing the fixture with lamps o sconces that bounce light off the ceiling.
- **Task lighting directs light onto a specific area for read ing or writing.** Desk lamps with adjustable parts can b moved so they don't produce glare on your monitor.
- **Pay attention to natural daylight.** To minimize both glare and shadows, position your desk and, especially your monitor so all windows are off to the side. Use blinds or shades, if windows are in awkward places.

lug into the proper power

ome office equipment (with the exception of a laser inter and a coffeemaker) doesn't devour large amounts electrical power, which means that a standard 15- or)-amp circuit can handle the load. But if the same ·cuit also serves other areas of your home, it could use surges or overloads that jeopardize informa-)n currently on your computer screen.

Here are two ways to deal with these problems:



1) Have an electrician provide your office with a "dedicated" circuit for the office itself and maybe just a few lights or receptacles elsewhere. And, 2) Protect that circuit with a surge suppressor. This device senses ırges in current that might be harmful sensitive machines, and instantly shuts off)wer to them.

;e ergonomically correct

rgonomics—the science of precisely fitting]uipment and furniture to the human body—reduces the risks of injury and improves productivity. When outfitting your office, select pieces that can be raised, lowered, or tilted until they feel comfortable and fit your body.

The correct posture for working at a computer puts ears, shoulders, and hips in vertical alignment, with arms bent to about 90 degrees at the elbows. To minimize glare, the monitor should be tilted and slightly below your eye level.



If you plan to purchase an adjustable chair, here are some pointers: Look for soft edges, adequate back support, and a seat that can be adjusted to the height and angle that keep you comfortable.

continued on page 106

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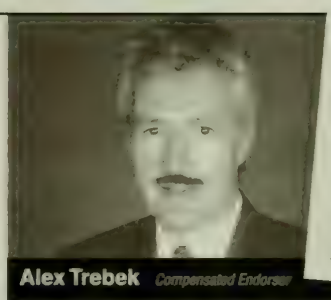
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 continued from page 105

Lines of communication

Most of today's home offices function not as islands in the middle of nowhere, but as island keys connected to each other and to the Internet mainland. They exchange binary information via wire or through the air.

Until recently, the primary conduit for digital data to and from a home office has been what even phone company people call "plain old telephone service," or POTS. POTS does a decent job of handling e-mail, faxes, and Web surfing. But if you need to send or download large data files, POTS can be maddeningly slow.

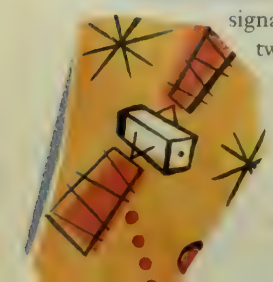
Strike up the bandwidth

Alternatives to POTS speed up the flow of digital information by increasing bandwidth, in much the same way that increasing the diameter of a pipe increases the flow of water through it. A standard computer modem, connected to a telephone line, transmits at a maximum speed of 56 kilobits per second (kbps). Broadband carriers have a bandwidth of at least 128 kbps, and some operate much faster than that.

Broadband systems not only greatly speed up the flow of information, but also stay online as long as your computer is running. This means you never need to dial a phone number for access, and can instantaneously receive e-mail and other transmissions. Telecommuters especially like broadband because it keeps them in constant touch with the home office.

Broadband services fall into three categories—phone lines; cable TV lines; and wireless (usually satellite-based) services. Here's how they compare.

- **DSL phone lines.** Connected to a standard computer modem, an existing phone line is limited to speeds of 56 kbps or less. Upgrade your phone service to a digital subscriber line (DSL) and you can expand your bandwidth to at least 128 kbps, or a lot more, depending on the service you buy. DSL uses a special modem, supplied and installed by the phone company, and doesn't interfere with voice calls over the same line. DSL service is widely available, but only at locations no more than two or three miles from the company's central switching office. If you live farther away, forget about DSL, although companies are working to expand the range.
- **Cable modems.** The same coaxial cable that brings TV signals into your home can also serve as a two-way street for digital traffic. Again, you need a special modem, separate from the cable-TV converter box. Cable broadband systems can transmit much faster than DSLs, up to 10 megabits per second (mbps). One mbps equals 128 kbps. But cable systems are designed like an old party-line phone network, sharing bandwidth among other subscribers in your neighborhood. This means that the higher the number of neighbors online, the slower your Web access will be—though info will still move much faster than with a dial-up POTS connection.
- **Wireless broadband.** If your area has neither DSL nor cable service, wireless broadband might be your only way to go. Most wireless systems bounce transmissions off a TV satellite, though a few utilize cellular-phone towers. With a satellite system you can currently receive data at up to 400 kbps, but you must still subscribe to a conventional Internet service for two-way communication, which means you can only transmit at the 56 kbps limit for POTS. Satellite providers have announced plans for true two-way service in the near future.



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Model	Frontal Crash		Side-Impact Crash	
	Driver	Passenger	Driver	Rear Passenger
Passat	★★★★★	★★★★★	★★★★	★★★★

by
Lamont Olson

Maybe those lousy cupholders have been the problem all along. Despite rave reviews from auto critics, Volkswagen Passat lags far behind best-sellers Toyota Camry, Honda Accord, and Ford Taurus in family-car popularity. *Consumer Reports* rates Passat the best midsize sedan, and *Automobile* magazine twice named it best family car. Yet only 85,000 buyers picked Passat last year, while the Big Three each sold in the 400,000 range.

One of Passat's problems, says *Automobile* editor Jean Jennings, is the cupholders. As she so delicately puts it, "They suck." Passats are designed in

continued on page 112



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continued from page 110



Germany, where engineers resist cupholders. Their philosophy has always been "ve vill keep both hands on ze whveel." Germans are right about that, of course, but Americans don't care. We insist on hauling our double latte grandes and biggie-sized colas along for the ride.

The cupholder war is over and the Germans have surrendered. Among changes to this year's redesigned Passat is a center console between the front seats that offers (omigosh!) size-adjustable cupholders. The rear seat gets a folding center armrest that includes another cupholder. "Slow down, honey, I see a Starbucks ahead."



New Passats have side-curtain air bags for head protection, a first among mid-price family cars.

2001.5 PASSAT PRICES

Base GLS sedan	$21,750
GLS wagon	$22,550
Top-of-line GLX sedan with all-wheel drive	$31,575
GLX wagon with all-wheel drive	$32,375

TOP-SELLING SEDANS

Camry base	$18,930
Accord base	$16,890
Taurus base	$18,980

Cupholders, of course, aren't the only improvements in the midyear redesign (Volkswagen calls its latest model the 2001.5 Passat). Most notable is safety. The car gets Volkswagen's new curtain-style head protection air bags that deploy down the side windows during a severe side-impact crash. The curtains, one on each side of the car, protect the heads of front and rear passengers. They're standard on all Passats, a first in the midsize and midprice car market. Besides the head curtains, the cars come with four other air bags—two in front for head-on crashes and two in front seats for side-impact.

VW also stiffened the body. In a crash, a rigid body helps the accordionlike crumple zones absorb energy to keep passengers from harm. Crash test ratings, already good at five stars for front and four stars for side impact, are likely to improve when the new model is tested. Could Passat join Volvo S80 and Honda Civic as the only cars to earn a five-star ratings? "We think we can do it," says VW spokesman Tony Fouladpour.

The rigid body creates another benef A better balance between ride comfort ar sporty handling. Although you migl think that a stiff body would produce stiff ride, the opposite is true. The stiff body makes it easier to tune the suspensio for a smoother, more compliant ride. Th should please those U.S. buyers who fin the European-style ride a little too firm

The previous version of Passat w already the most responsive and fun-t drive of the midsize car segment, behavin more like a sports sedan than a ploddin family workhorse. Its driving feel has mo in common with BMW and Mercede than with the softer, easygoing ride an handling of Camry, Accord, and Tauru The added flex resistance in the bod emphasizes that point of difference.

For bad-weather drivers, Volkswage offers a permanent all-wheel drive syste called 4motion. It's available on the upsca GLX and on GLS versions with V- engines, but not on the base car. The bas GLS comes with a 170-horsepower fou cylinder engine, while the premium GL gets a V-6 with 193 horsepower.

Like most cars, Passat can't quite matc the reliability reputation of Camry an Accord. Although the Passat is no Yug VW's Stefan Krebsfanger acknowledge that "some of our vehicles have had som problems. We're trying to fix that."

Fixing the cupholders is a start, trivi though it may seem. In Western Europe where cupholders don't have Bill-of Rights status, Passat reigns as best-sellin midsize car. In North America, now tha the cupholders work better, maybe a fe more latte lovers will give this safe, sport sedan a second look.



Passat wagon hauls 39 cubic feet of stuf behind the rear seats. The trunk of an average midsize car has 15-16 cubic feet

better by design

A **bedroom** is a little like a **personal ad**—it's a limited space in which to tell your **story**. That's the reason incorporating a **unique**, personality-filled bed is so **important**. Why become a milquetoast when you can choose something that speaks of the **individual** you are?

by Catherine Kramer and Sarah Egge



statement beds



New Vintage Charm

For some people, a true escape is to travel back in time. Whether you're the type for go-go boots or hoop skirts, there's a nostalgic-style bed to conjure any era. This bed takes you back to a period when doors were solid wood and paneled, and ceilings wore patterned tin tiles. Constructed of building materials salvaged from the Hilton Hotel in Beloit, Wisconsin, the bed's historic style is a keystone in creating a haven safe from the modern world. The look is complete with cabbage rose-pattern sheets and an old-fashioned chenille spread.

Before there was electricity, rooms were illuminated with candlelight. These votive candles (*above*) cast light on the head of the bed, and a candle chandelier (*right*) brightens the whole room.

continued on page Z4 Buying information, page Z16



 continued from page Z3



Modern Amenity

If you are as modern as your electronics, but you're not ready to move into a Jetson's-style pad, this bed should appeal to you. It's contemporary with a softer edge. The louvers convey an urban, loftlike feel, and the dark "espresso" finish has sophistication and warmth. Dress the bed in linens with graphic patterning and cool, earth-and-water colors, and you'll telecommute in style.

continued on page Z6 Buying information, page Z16



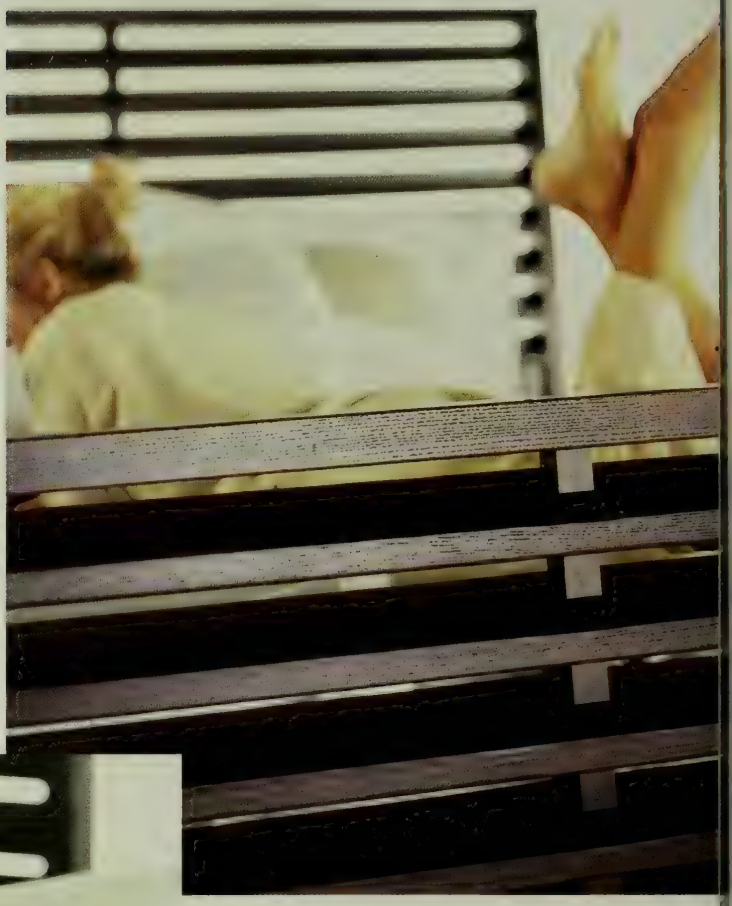
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continued from page Z4



A clean-lined bed needs similarly uncomplicated linens. The block pattern on these pillow shams and duvet cover (*below*) is graphic, but the soft colors are restful and serene.

Like shutters, the louvers in the head- and footboard (*right*) give the bed a sense of privacy and seclusion—which helps promote concentration while you're finishing that report.



Many of us would find living in a loft a bit of a stretch. We may like the urban look but are wary that the setting may feel cold and austere. To get the style you want with the coziness you crave, pay attention to the details. For furniture, the finish is important. Choose warm wood tones, such as cherry and mahogany. For linens, opt for a contemporary pattern but pick from a palette of hues that are easy to live with, such as neutrals, pale pastels, and rich earth tones.

continued on page



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continued from page Z6



Natural Eden

Turn your bedroom into a private island where you allow in only what pleases you. In such a personal space, the elements should pamper and placate, such as this highly textural woven-raffia sleigh bed wearing silk embroidered linens. The gentle, sandy-beach-hued cocoon lets mementos and collections take center stage. From well-traveled suitcases to a handbag collection and pet goldfish, whims and fancies rule.

continued on page Z10 Buying information, page Z16



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continued from page Z8

Texture is supremely important in a bedroom, a highly sensory place. Incorporating both sides of the tactile spectrum—hard and soft, rough and smooth—will ensure you tickle your nerve endings without overwhelming them. But keep in mind the kind of environment you want to create: In a bedroom, the balance should weight more on the soft, smooth, and warm side.





Bedrooms are, by nature, sensual places—they're high-touch in a high-tech world. Splurge for the sake of pampering with luxurious embroidered silk linens (*above*).

Like a tailored suit, the raffia covering hugs the sleigh bed's curves (*left*). The nubby fiber partners well with other naturals in the room: a cotton rag rug and silk linens.

continued on page

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...continued from page Z10



The Bold and the Beautiful

Feeling afloat in your bedroom's oceanic square footage? Try a big sleigh bed to make you feel safely tethered. With delicate detail and decoration, however, it won't overwhelm with its girth. An added bonus: A big bed visually deflates today's pumped-up mattresses. Tuck in light-colored, trim bedding (a tailored spread, instead of a thick duvet) to keep off added pounds.

continued on page Z14 Buying information, page Z16

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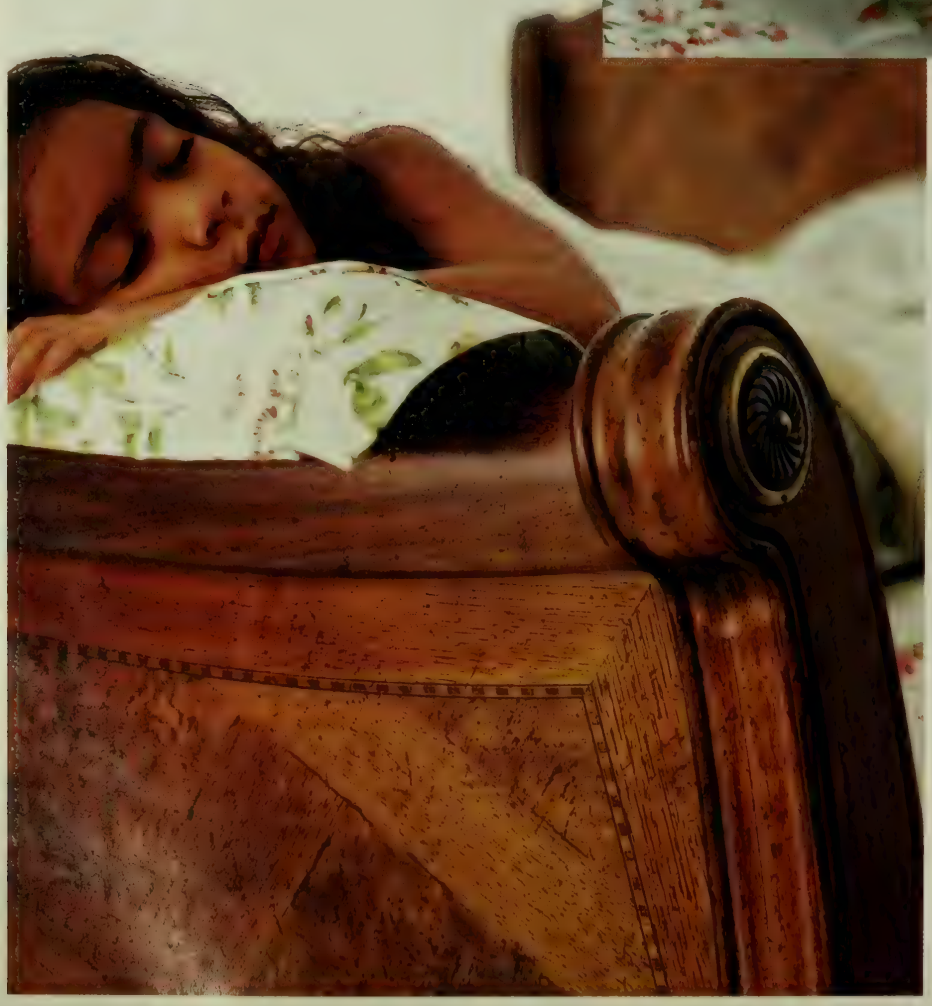
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CALIFORNIA CLOSETS®

continued from page Z12

A bedroom that looks and feels harmonious will relax and calm you. Therefore, keep dramatic style and color contrasts between the bed and bedding to a minimum. On a large bed, choose linens with a medium-to-large pattern or no pattern at all. With a dark-finish wood, compensate with something lighter in color, but avoid stark white.





Traditional style doesn't have to be stuffy, as these fresh floral linens in dusty blue show (*above*). In the case of a headliner bed, the linens play the supporting role. Here, they help lighten and brighten all the dark wood.

Intricate detailing can make a stylish bed even more impressive. In the current vein of more is more, this bed features herringbone marquetry, an inlaid border, and brass accents, such as this rosette (*left*).

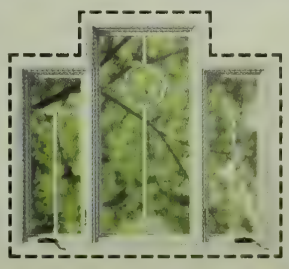
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buying guide

Some of the products shown editorially in the Better by Design section of *Better Homes and Gardens*® magazine can be obtained locally. For more information, contact the manufacturers listed below.

New Vintage Charm

Page Z1: door bed with tin, "Hilton" (Old Ivory)—Urban Artifacts; for more information call 888/695-7893; www.urbanartifacts.net. **Bedding,** "Vintage Floral" and "Cozy Chenille"—Linensource; to order a catalog call 800/431-2620; www.linensource.com. **Mattress and box springs,** for all beds in this story—Kingsdown; for a local dealer call 800/354-5464; www.kingsdown.com.

Pages Z2–Z3: door bed with tin, "Hilton" (Old Ivory)—Urban Artifacts; for more information call 888/695-7893; www.urbanartifacts.net. **Chandelier; bedding,** "Vintage Floral" and "Cozy Chenille"—Linensource; for a catalog call 800/431-2620; www.linensource.com. **Patio doors**—Pella Windows; for a dealer call 888/847-3552. **Rug,** "French Manner"—Rug Market; for customer service call 310/841-0111.

Modern Amenity

Page Z4: louvered bed, "Reflection Collection"—Stanley Furniture; for ret store information call 540/627-2000; Inter site: www.stanleyfurniture.com. **Beddi** "Block"—AREA; for retail store informati call 212/924-7084.

Natural Eden

Pages Z8–Z10: bed, "Plaza," Tahiti Strav Mitchell Gold; for more information c 800/789-5401; www.mitchellgold.com. **R rug**—Pottery Barn; for more information o catalog call 800/922-5507; Internet s www.potterybarn.com. **Bedding,** "Bambo and "Leaf"—Sové New York; for more inf mation call Between the Sheets; 949/640-99

The Bold and the Beautiful

Pages Z12–Z14: sleigh bed, "Mayfair," fr the British Gentry Collection—Thomasv Furniture Ind., Inc.; for more information to locate a local dealer call 800/225-02 Internet site: www.thomasville.com. **Beddi** "Newport"—Peacock Alley; 800/810-0708.

Sheer Delight

Pages Z18–Z20: bed, "Williamsburg Ch Passage"—Lane Home Furnishings Collecti for more information on a local dealer 800/750-5263. **Bedding,** "Fern"—Sethi & Se for more information call 212/967-12 **Nesting tables,** 950142, "Ming Tree Retrospect; for more information call 800/3 9720; Web site: www.retrospecthomes.c **Rug,** "Flokati"—Pottery Barn; for a catalog o place an order, call 800/922-5507.

Big Red Style

Pages Z24–Z26: red four-poster bed, "Est Bed" (Aztec Red)—Eddy West, 527 Plantat Dr., Clarkesville, GA 30523; for more inform tion call 800/829-9037; www.eddywest.c **Bedding**—CWL Designs; for more informat call 800/989-2409; www.cwldesigns.c **Black desk**—Crate & Barrel; for more inform tion call 800/323-5461; www.crateandbarrel.c **Slippers**—Garnet Hill; for more informat call 800/622-6216. **Pillows and duve** The Company Store; for more informat call 800/285-3696.

Take It Easy

Pages Z28–Z31: leather panel bed, "Ed Bauer Portage Bay"—Lane Home Furnishi Collection; for more information or a l dealer call 800/750-5263. **Bedding,** "Fir Flannel"—Garnet Hill; for more informat call 800/622-6216. **Bedside lamp,** "Ti (Black)—Artemide, Inc.; for a local showro call 631/694-9292. **Wool blanket** (Sprou Garnet Hill; for more information 800/622-6216.

Sweet Romance

Pages Z34–Z36: four-poster bed, "Wav Poster Bed" (Light Pine)—Lexington Ho Brands; for more information call 800/5 4636; www.lexington.com. **Bedding**— Boisson American Home Collection, Mariner Dr., South Hampton, NY 11 for more information call 631/283-5 www.judiboisson.com.

Statement Bedrooms

Page Z38: decorative paint—Linda Thon Custom Murals and Fine Art, P.O. Box Westport, CT 06881; 609/279-0440. **Beddi** Garnet Hill; 800/622-6216. **Chair**—Crate Barrel; for more information call 800/323-5 Internet site: www.crateandbarrel.com.

Page Z40: decorative paint—Linda Thor Custom Murals and Fine Art, P.O. Box Westport, CT 06881; 609/279-0440. **Carp** Karastan; for information call 800/234-1120


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lattress Selection Basics

he bed and bedding may provide style statement in a bedroom, what goes inside the mattress is n more important to getting a d night's sleep.

oday's mattresses are thicker than r—more than 15 inches deep in ıe cases. Deeper mattresses have re to do with comfort than firm- s, since they simply allow for re padding around the individual ls, and often additional padding top of them all.

or proper support, innerspring ttresses should contain at least a ıimum number of tempered steel ls encased in the cushioned ıolstery: 200 for a twin-size ttress, 300 for a full-size, 375 for ıeen-size, and 450 for a king-size. ıs, the wire in the coils should be less than 13-gauge; the thinner gauge, the sooner the coils—and mattress—will wear out.

Deeper mattresses can cause prob- ıs when paired with older beds, ce they may cover too much of headboard. To compensate, some nufacturers offer "low profile" springs, which are about half the ıth of regular box springs. Also, en shopping for sheets, make sure pockets are deep enough for se extra-thick sides.

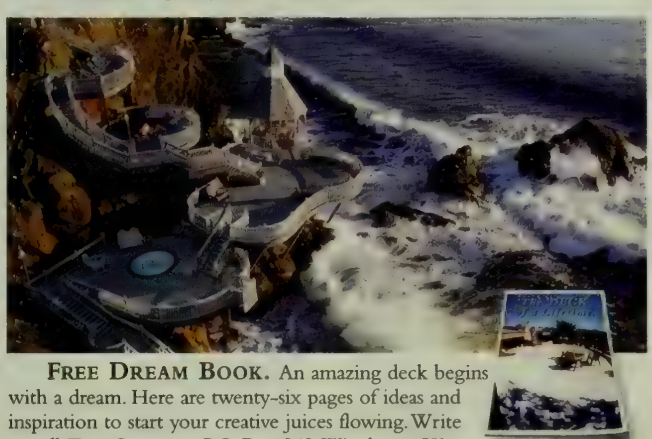
Questions to ask when mattress ıpping:

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2. What gauge are the coils?
3. What does (and doesn't) the rranty cover?
4. What's your return policy? ⌂

beds continue on page Z18



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continued from page Z17



Sheer Delight

If you'd just as soon stay under the covers as fly coach, you can get the frequent-flyer look with a worldly bed. This Asian-style bed is inspired by furniture built when the Victorians took an interest in the Far East. But it looks as good today in our "it takes a village" world. Perhaps the bed's success lies in the timelessness of good design, which is necessary to keep in mind when shopping for investment furniture. Let the design take precedence, and pair it with whispering linens made from sheer organdy.

continued on page Z20 Buying information, page Z16

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continued from page Z18



Look for signs of accuracy when purchasing a bed with exotic design. These bamboo posts wrapped with leather straps and topped with antique bronze finials (*below*) are true to history.

Delicate embroidery with an Asian flavor, a green hue the color of celadon, and ethereal sheerness make these linens (*right*) a wise choice for an open, spindly bed with a Chinese dialect.



A bed is an investment piece of furniture that you'll have for several years. You can make the purchasing decision less daunting by keeping in mind some guidelines for picking a piece that you'll love—now and then.

Buy a bed that exhibits timeless style and won't suffer when the fads die. You want something that speaks of your personality, which likely won't change—not your likes and dislikes, which probably will. And, of course, look for quality construction in the obvious spots, such as an even finish, as well as the not-so-obvious, such as the rails that support the mattress.

continued on page 2



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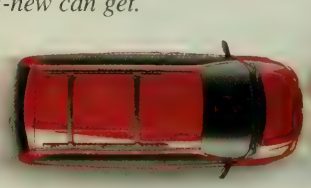
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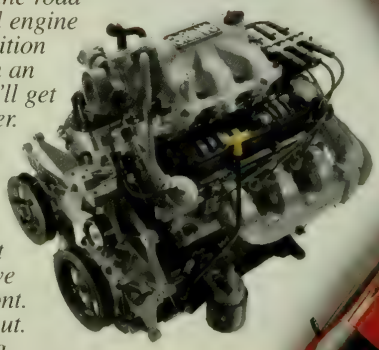
Permit us to point out the obvious: You really get around, don't you? Here, there, everywhere. Which leads us to the next point: Wouldn't it be convenient if there was a minivan that made getting around less of a runaround? And that's the whole point: There is. The all-new Dodge Caravan. As all-new as all-new can get.





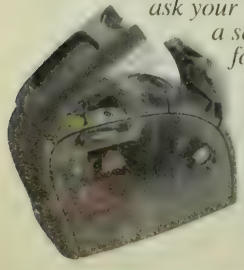


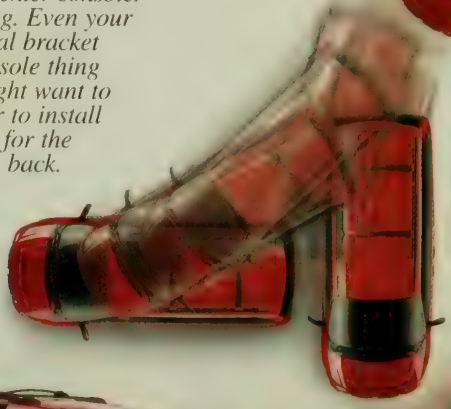
A quick point: The newest minivan on the road just happens to have the most powerful engine you can get in a minivan. The latest edition of America's most favorite[1] comes with an available 215 horsepower, 3.8L V-6 that'll get you from zero to sixty about 7.6% quicker. With smoother idles and a quieter operation at all speeds. Imagine that: Smoother, quieter, quicker chaos.





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It's a veritable island of sere Peace and qu And a place v intelligent co tion is actuall intelligible. T to a dramatic reduction in v noise, road n engine vibrat and pesky bu squeaks, and

Stop, go. Left, right. Relax, the all-new Caravan has a smoother ride with improved, more responsive handling. And you can chalk that up to an increase in torsional stiffness and things like aluminum steering knuckles.



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gs in the all-new are so advanced st for severity of or additional otection, front-seat ntal side airbags ible as well.[2]



There's nothing remotely like it. Caravan is the first minivan ever to offer two power sliding doors and a power rear hatch. If it's convenient for you, make one of our friendly Dodge dealers your next stop.



When you have to step on it, you'll appreciate the fact that anti-lock brakes are standard equipment on most models. And that traction control is also available. Which can make you feel more comfortable when things get a bit more slippery. If you catch our drift.

When you go to get the door, don't worry. The available sliding doors and rear hatch are programmed to stop in their tracks.[4] *And reverse. And when you open or close the back, you'll hear a friendly warning.*



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B.

since its introduction. [2]Always use seat belts. Remember, a backseat is the safest place for children 12 and under. [3]Properly secure all cargo. dealer to find out when this neat idea will be available. [4]Detects most obstacles. As with all electronically controlled systems, care is advised. [5]MCI overall weighted evaluations of 2001 Grand Caravan vs. similarly-equipped 2000 MY competitors. Call 800-4-A-DODGE for details.

continued from page Z20



Big Red Style

If you're the sort who likes to be heard, speak in red. The color shouts loudly, especially on a sizable four-poster bed. It's also multilingual and looks good in many style settings. This bed has country lines and a finish that looks broken-in, like an old pair of jeans. Add French toile linens, which are about as "pleated-trousers" as it gets, to keep 'em listening for what you'll say next.

continued on page Z26 Buying information, page Z16


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continued from page Z24



Human beings are a fickle bunch, and we know it. So when it comes to committing to color, it's natural we'd be hesitant. Wall color is easy to change, but what about furniture with color? Egads! The best way to decide if a tinted bed is for you is to look at pictures of rooms that appeal to you. Thumb through this issue. If this page is one that strikes a positive chord, chances are you're ready for a helping of hue.

Solid, sturdy construction can make its own statement about quality. Check your bed from finial to footboard for flaws. And make sure the finish is uniform, even if it's supposed to look worn (*above*).

Linens in black and cream (*right*) are a natural foil for the dramatic color of the bed. But don't ignore the red; throw in a cranberry accent to keep harmony.



continued on page Z28



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continued from page Z26



Take It Easy

Where else but in your bedroom can you cater to your inner Type B personality? A bed with cushiony leather panels suggests lounging—all day. Patterned bedding hides take-out food stains, and the graphic print stands up to a big bed. Put the blanket on top and match the pillows to the duvet cover so "make the bed" simply means "pull up the covers."

continued on page Z30 Buying information, page Z16


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continued from page Z28



Determining what kind of sleeper you are can help you choose a bed. Do you toss and turn, and mangle the bedsheets? A bed with simple layers, such as a duvet in a washable cover, may be the answer. Do you burn the midnight oil with the latest sci-fi thriller? A headboard that welcomes reading in bed is a necessity. If you're independent, not a snuggler, choose something spacious to accommodate you, your partner, and some neutral territory in the middle.

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The more classic a bed, the less fussy the detailing. Look for simple geometry and basic, shapely lines (*left*) to see if your bed passes the no-frills test.



On a bed that's good for lounging, you don't want to fuss with arranging accent pillows. Keep it simple and give yourself needed propping with two firm standard-size pillows on each side (*left*).

continued on page Z34



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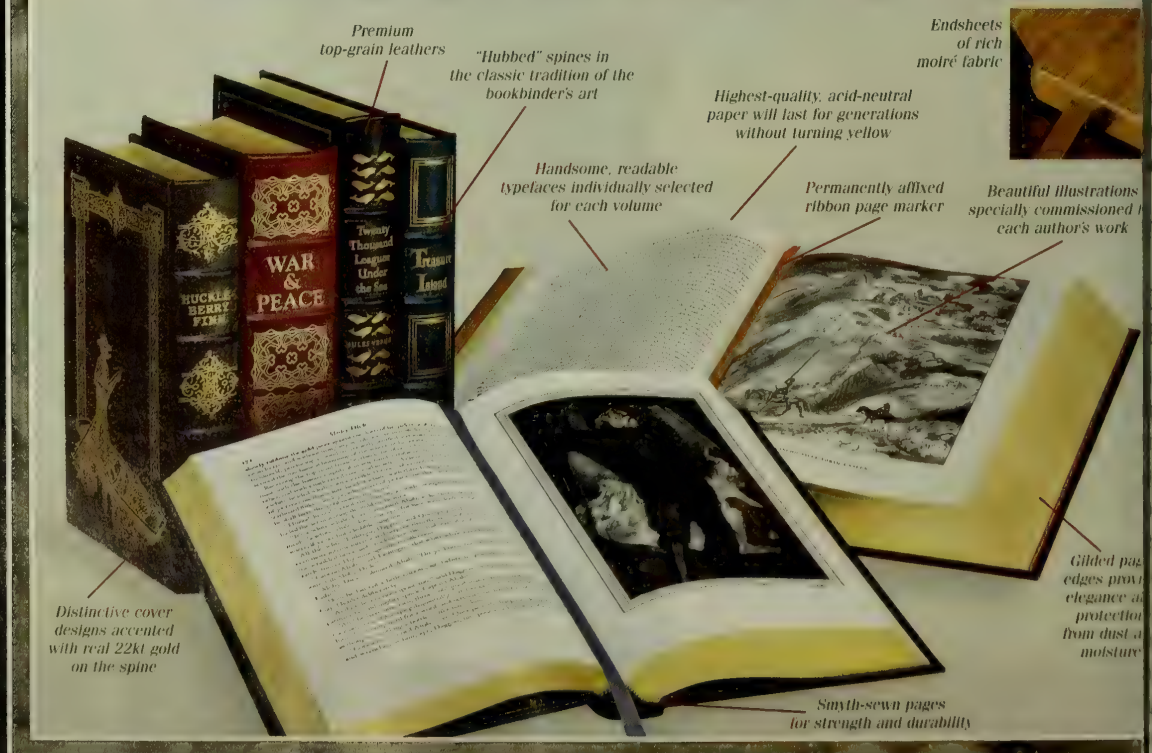
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continued from page Z31



Sweet Romance

If fairy-tale romance and riding off into the sunset pretty much describe your dreams, you should have those dreams in a bed where a heroine could comfortably swoon. Fetch a bed with dainty lines and sophisticated country styling. Since nothing is more romantic than surrounding your bed with fabric, the natural choice is a four-poster that gives you the option of a canopy.

continued on page Z36 Buying information, page Z16



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continued from page Z34

We all wish for a few more minutes in the day, time to stop and appreciate the small things. Savor the delicacies of life in a bed featuring graceful lines and classic proportion that is dressed in embellished linens. Surely a nest with this much attention to detail will encourage reflection.





Like the chicken and the egg, it doesn't matter which came first—the bed's curvy headboard or the scalloped, ruffled edge on the linens. Either way, a more finished look is created when the bed and bedding correlate (*above*).

Monograms are traditionally a feminine touch. But today's couples are rewriting the custom by incorporating both their initials in the monogram. Here, "JB" is Jill and Brian (*left*).

continued on page

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 continued from page Z36

statement bedrooms

A child's bedroom is an opportunity for self-expression. These spaces are filled with personality. Let them inspire you, then talk to your child about what his or her space should be.



Frills and fancy reign in this girl's bedroom, where painted butterflies and flowers set up a garden theme. The framed scene acts like a snapshot, depicting the girl in her family's real garden. The sophisticated wall treatments, heirloom bed, and plaid club chair ensure the room won't look babyish as she matures.

continued on page Z40

Buying information, page Z16



This sitting room (*below*) has been decked out as a nursery. The built-in window seat is wide enough for sleeping, and the drawers beneath store bedding or toys. Bookcases on either side hold books and stuffed animals. For continuity, colors were pulled from the same pastel palette seen in other areas of the home.



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continued from page Z38



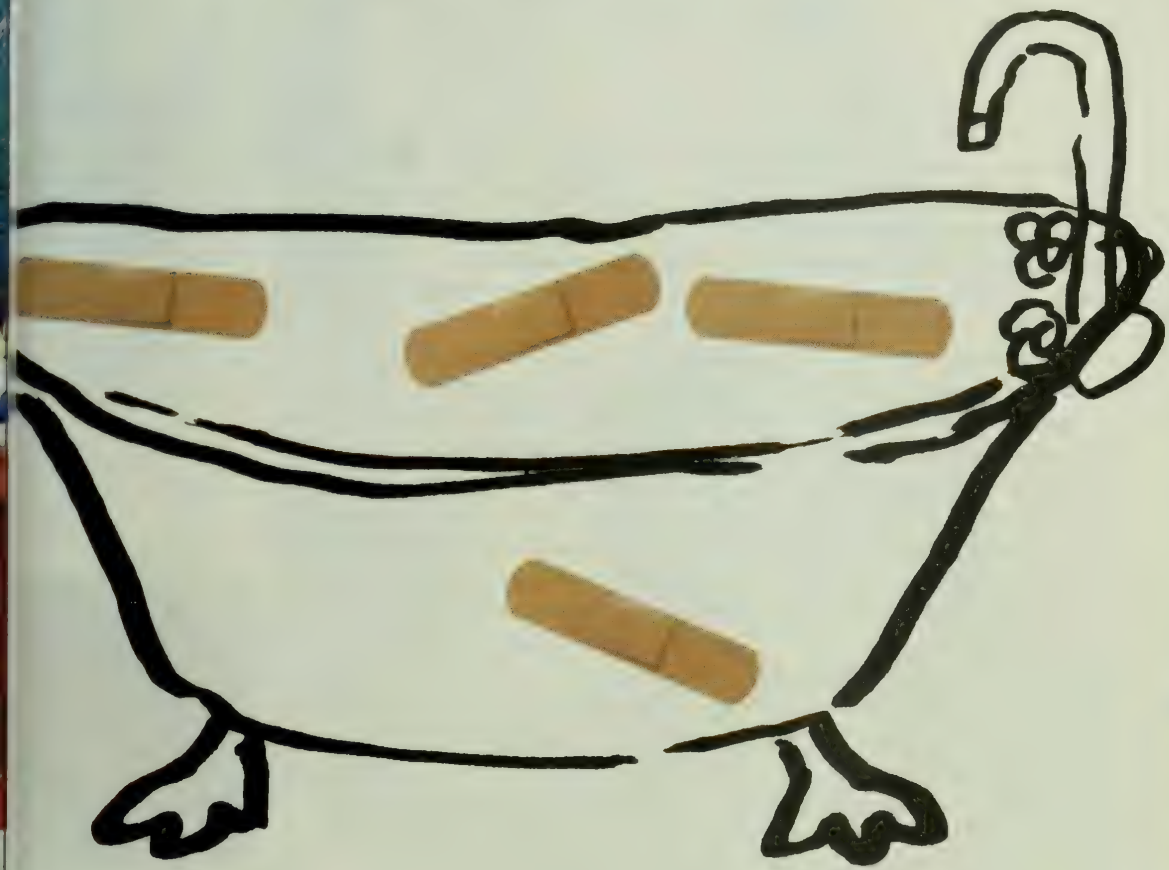
A professional muralist and illustrator painted the faux waves and surfboards (*right*) in this boy's bedroom. Consider hiring a local art-school student if your budget is more modest. With painted walls and painted wood furniture, the room needs little else; the bedding is simple denim and check, while the window's plaid, tab-top curtains are a smart contrast to the walls.



A boy's passionate love for surf
and the water led to this then
bedroom. Linens, furniture, a
window treatments are simp
letting the ocean mural take cen
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Safia Khalil RIZVI
The 2001
Working Mother of the Year

They orchestrate corporate mergers and play dates. Negotiate contracts and sibling rivalries. Lead departments and PTA meetings. They're working moms. And at *Working Mother* magazine, we applaud their every move. And each May, we honor one of them—a "regular" mom who is anything but—by naming her "Working Mother of the Year."

Our editors first decided to single out a very special mom back in 1989, when we celebrated our 10th Anniversary. And the feedback was incredible. It seemed the award truly struck a chord with our readers—it was as though by honoring one we honored them all. So it became a signature feature. For our 3 million readers—and indeed the entire nation—the award has become a meaningful tribute to women who tackle the ordinary while accomplishing the extraordinary.

This year, we're thrilled to recognize Safia Khalil Rizvi as our "Working Mother of the Year." A woman of great courage and commitment, Safia has overcome tremendous odds to prevail as a mom, a scientist, and a symbol of success to women worldwide.

Join us in saluting Safia and the millions of remarkable working moms everywhere.

Delia Passi Smalter

Delia Passi Smalter
VP/Group Publisher
***Working Mother* magazine**

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Clorox Bleach is proud to congratulate Safia Khalil Rizvi, a working mother who has already accomplished great things, yet yearns to do more.

Safia left her native Pakistan, a country steeped in traditional roles for women, to pursue a graduate degree in the U.S. She continued her education, earning a PhD in biophysical chemistry, a field in which women account for a small percentage of doctorate degrees. She is now a computational biologist for a major pharmaceutical company.

Safia achieved all this while single-handedly raising a daughter, now 11 years old. And this multi-tasking mom is not finished. She plans to pursue an MBA, hoping to use her education and experiences to help women everywhere overcome obstacles and achieve financial independence.

A commitment to education, a devotion to her child, and a desire to give back combine to make Safia a shining example of what working mothers can achieve.

As the "Working Mother of the Year," Safia and her daughter have a choice of two vacations, compliments of Clorox Bleach:

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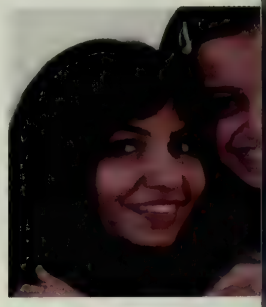
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Safia and her daughter, Sheherza

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"It's a Jungle in There"



by Jane Schorer Meisner

You may have seen pictures of similar scenes on the 10 o'clock news. Debris strewn here and there. Toys, clothes, and other belongings scattered around. Sometimes, miraculously, a child emerges unharmed from the rubble.

If this was the aftermath of spring's first serious windstorm, parents could call it an act of God. But this is no tornado site we're describing; it's the common description of many kids' bedrooms.

If your child's room is the pits, you aren't alone. Experts say you don't have to threaten to ground your kid until the room is clean (possibly a life sentence), or resort to closing bedroom doors (absolute denial). Instead, broaden your perspective of kids and their messy rooms and find your way out of this jungle of frustration.

"There are many different schools of thought about k and messy rooms," says New York City educational p chologist Judy Onghai. "Personally, I don't think thi something parents should be worried about."

In fact, Onghai says, an opportunity for a little me ness may be exactly what some kids need.

"From a developmental perspective, their room co be a reflection of what's happening inside. A lot of tin it's hard for kids to structure their physical space beca internally they're going through a lot of confusion."

Children in middle school, for example, often d with physical, biological, hormonal, and psychologi changes, and their disorganized rooms could be a refl tion of their overall state of mind.

On the other hand, youngsters who are unusually n

continued on page



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or orderly may be signaling a desire for structure in their lives, Onghai points out.

"Messiness could simply be a part of growing up," she says. But that doesn't mean kids should be given free reign to become total slobs.

"Parents should not get hysterical when a child gets too messy, but they should establish some boundaries," Onghai says. "Kids should learn to be organized, because that's part of living. But you shouldn't be too perfect, because that's going to be limiting for the child's discovery and exploration."

GOOD CLEAN FUN

Nanny extraordinaire Mary Poppins may have been on to something when she insisted, "In every job that's to be done, there is an element of fun. You find the fun and—snap!—the job's a game."

Make room-cleaning a fun time for kids, starting with these ideas.

- **The race is on.** For younger kids, count or use a stopwatch to see how fast they can complete a specific task. For example, say, "Let's see if you can hang your jacket on the hook before I count to five." Or, "I bet you can't get all the blocks back in the bucket in 30 seconds." Or present this challenge: "The record for putting books on the shelf is six books in 10 seconds. Can you beat that today?"
- **Hold the anchovies.** Schedule periodic one-on-one dates with your middle schooler in his or her room. Furnish pizza or other snacks for your private room-cleaning party. Guide the child in sorting through school papers, unwanted toys, and outgrown clothes and shoes, while creating quality time to catch up on news from his or her life.
- **The buzzer shot.** Invest in an inexpensive basketball hoop and backboard made to attach to a wastebasket or clothes hamper. Your high schooler won't be able to resist the challenge (at least when you're not looking).



Shaping Responsibility

The importance of this messy issue involves more than just tidiness, says Jan Faull, child development expert and author of the book *Unplugging Power Struggles* (2000).

"We all have to be responsible for our own possessions and courteous to other people with whom we share living space," Faull says. "It's a long shaping process, and parents need to work with their kids, teaching them and praising them."

If the subject of messy bedrooms gets to be an emotional battle between parent and child, it's not going to solve the problem, explains Faull. It accomplishes more to recognize age-appropriate capabilities, and teach children accordingly.

Moms and dads of preschoolers battle frequently about just putting toys away, Faull says. Instead, parents should attempt to organize the kids' rooms for play, perhaps allowing an area where a special project (such as a blanket "fort" or a building-block structure) can rema for a few days.

By the time kids enter elementary school, t upkeep of their rooms should begin to be the responsibility, Faull says. Parents can gui their kids by clarifying expectations and teac ing them how to do housekeeping chores.

"My parents saw to it that we cleaned o room every Saturday morning," she says. B minimum tidiness expectations could be as sir ple as requiring the bed to be made daily, or th dirty clothes be placed in a hamper.

Between the ages of 8 and 10, control kids' bedrooms should be gradually turned ov to them. As much as possible, the decor ar arrangement of their own space should be their own choosing, Faull says.

Teenagers become more of a challeng invariably accenting their bedrooms wi posters on the walls and jeans on the floo Again, parents should clarify their minimu expectations while allowing the child to exe cise personal preferences.

"This is the time when you pick your battl carefully," Faull says. "Anyway, I really don think the messiness of their rooms has a lot do with how they turn out."

So Much Stuff

Today's youngsters face a greater challeng than those of past generations because the have more possessions, points out Karla Jone owner of Get Organized, a professional orga nizing service in San Mateo, California.

That stuff includes trophies, sporting equip ment, collections of Beanie Babies, model car video games, CD players, and computers.

"All that adds to the chaos in any enviro ment," Jones says. "The more you have, th more chaos is created. Every time you brin something more in, there's not a place to pu it. The message I'm always handing out is thi Have less stuff."

The goal at any age needs to be to create

continued on page 1





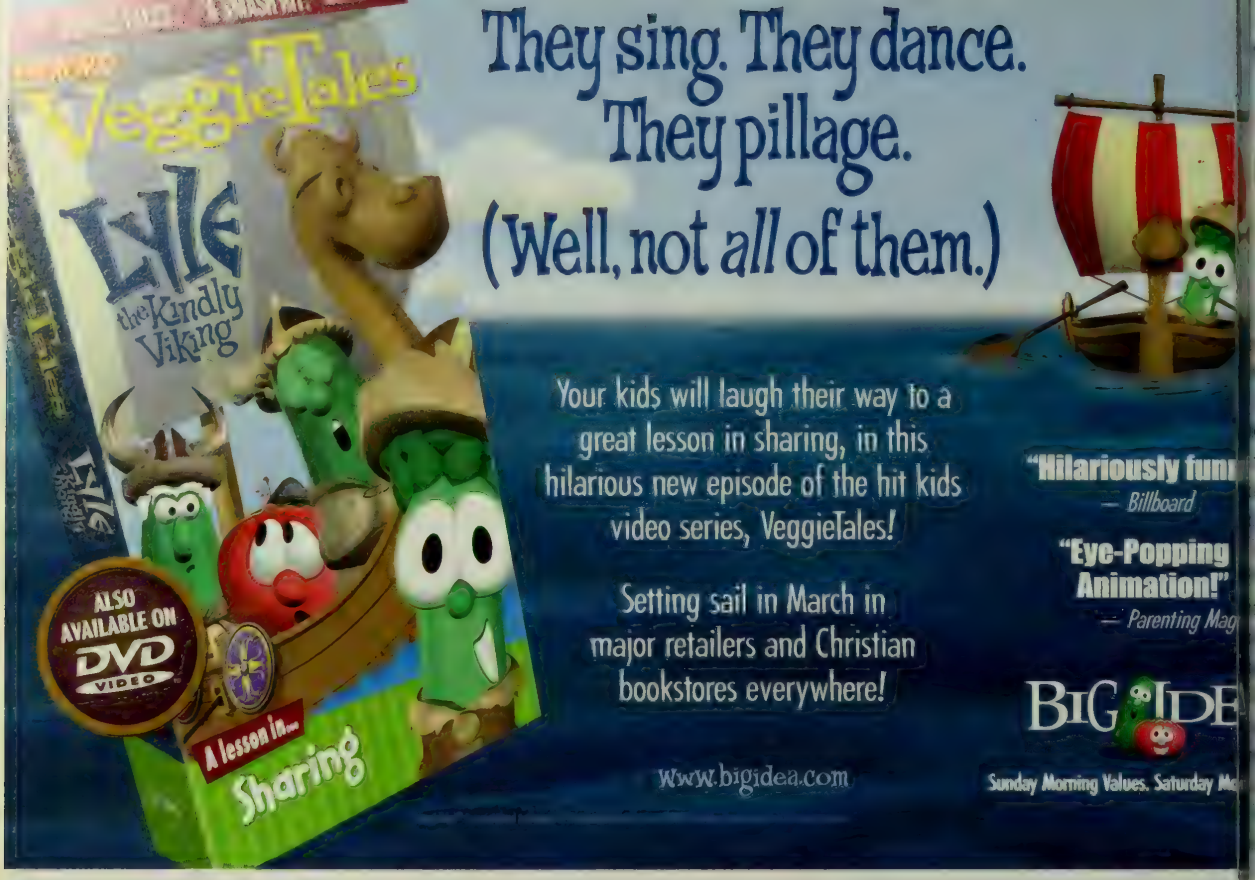
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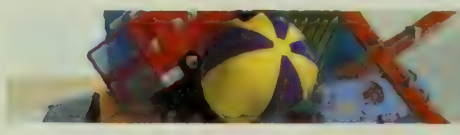
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It's a Jungle in There

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serene spot in which to escape the stress of daily routines, Jones says. She suggests these tips for helping kids keep rooms neat.

- Keep expectations age appropriate. For children as young as two years old, set out a toy box, a basket, or other container so they can learn to clean the floor.
- Make the bed. This is the number-one key to keeping your room looking nice, whatever your age. As early as 4 years old, kids should be able to learn to make their beds, even if that means just smoothing the covers back. Jones says to remember to praise their efforts.
- Provide the right equipment. As much as is possible, everything needs to be scaled to the size and the age of your child, or they are sabotaged in trying to be organized. Have the right bed for the size of child—enormous, high beds often are impossible for little ones to manage. Also, low closet racks and wall hooks will help children hang up clothes, caps, and backpacks. Bookshelves can hold toys as well as books.
- Teach paper management. As soon as children start school, paper enters their lives. Therefore, they need a desk with a deep drawer for filing, because "paper should be vertical, not in horizontal stacks," Jones says. Parents, too, need to learn that they don't have to keep every single project their child makes. Scrapbooks are great to preserve selected mementos for each year of school.
- Get a big wastebasket. It's OK to throw away broken or useless items.
- Parenting experts suggest givi specific instructions. Never tell yo children, "Go clean your room Instead, say something like, "Go your room and pick up the cloth from the floor."
- Insist on a clean floor. Everythi else may be full, but if the floor empty, it looks better.
- Weed it out. Once every s months, make an appointment wi your child and help him or h decide what to give up. Teach kids donate unused toys or clothes.

"It's our responsibility to teach o kids the things that are going to he them later in life," Jones says. "F example, you teach them how study. But teaching them how organize their stuff is becomi more and more important. It's a li skill, because it will benefit the anywhere—in their job, in the schoolwork. If they're better org nized, they'll find life a lot easier."

Dino-Mighty Ideas

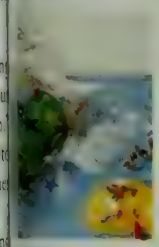


Use gumdrops, peanuts, candies, and fresh mint sprigs along with dinosaur-shaped cookies to create a prehistoric forest on the top of a purchased cake. Malted milk ball "boulders" trim the base.

Hey parents! If you need some dino-rific ideas for a birthday party or rainy day activity, this is the place! Our **Dinosaur Cookie and Candy-Making Kit** from Fox Run Crafts-men and Make 'N Mold lets you make 50 to 75 prehistoric candies and oodles of cookiesaurus treats.

For cookie making, you receive five dinosaur cutters ranging in size from 4 to 7 inches long. Use your favorite recipe to make dinosaur-shaped cookies. Then use those cookies, along with candies and nuts, to decorate a purchased cake with a prehistoric forest of pebbles, rocks, boulders, and plants.

For candy making, you receive 28 ounces of meltable candy wafers (16 ounces of vanilla-flavored, dinosaur green wafers; 6 ounces of milk-chocolate wafers; and 2 ounces each of vanilla-flavored white, yellow, and blue wafers). In addition, you will receive two re-



able plastic dinosaur molds, 4 ounces of orange-flavored candy punch (for dinosaur lumps and bumps), six lollipop sticks, 12 gift bags, and 12 twist ties.

The price of the complete dinosaur assortment is $37.95, which includes shipping, handling, and applicable sales tax. ⌂

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Net Result:



Web-Savvy Kids

Danger lurks on the Internet. But by setting guidelines and staying involved, parents can provide needed protection.

There are great reasons for kids to go online everyday. They can chat with friends, research school projects, and explore hobbies and interests. But the Internet also holds potential for harm. Young people can become detached from real-world friends and activities, grades might suffer as they neglect homework, and worst of all, kids can fall victim to predators on the Internet.

But by providing guidance, parents can help their children become Web savvy. Just as children follow safety rules for talking to strangers or crossing the street, they must learn how to stay safe while surfing the Net.

Cyber safety

Larry Magid, founder of SafeKids.com and author of *Child Safety on the Information Highway*, a free booklet distributed by the National Center for Missing an Exploited Children, says children can avoid perilou situations by following some simple dos and don'ts.

- Don't give out personal information—addres telephone number, school name and location—withou parents' permission.
- Do tell your parents right away about anything onlin that makes you feel uncomfortable.
- Don't agree to get together with someone you me online without first checking with parents. If parent agree to the meeting, make sure that it's in a public plac and a parent comes along.
- Don't send anyone your picture without permission.
- Don't respond to any messages that are mean or caus

continued on page 12

Mr. Kessenich teaches the most innovative math class under the sun.



They've been around for centuries. But only Jeremy Kessenich had the vision to see that designing and building sundials could teach essential math principles in a way that students would actually enjoy.

This spring, his high school class will paint a sundial face on the playground at the local elementary school. By standing at its center, grade schoolers become the rod that casts the time-telling shadow—and a new generation will experience the power, and fun, of mathematics.

For his bright ideas, State Farm is pleased to present Mr. Kessenich with our Good Neighbor Teacher Award™ and to donate $10,000 to his school, Mt. Horeb High in Mt. Horeb, Wisconsin.

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The Good Neighbor Teacher Award was developed in cooperation with the National Council of Teachers of Mathematics.



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you to feel bad. Tell your parents right away.
- Don't give out your Internet password to anyone but parents.

Bookmark good sites

You can reduce the likelihood of your kids viewing sexually explicit, violent, or hateful content by bookmarking approved sites. For example, when your children are researching school or personal projects, use kid-safe search engines.



Our reviewers have compared all the leaders and rated Searchopolis (www.searchopolis.com) the best for providing thorough yet intelligently filtered results. Also, Ask Jeeves for Kids (www.ajkids.com) earns high marks.

Know where they go

Some signs that a child might be spending too much time on the Internet or might be in an unhealthy e-mail or chat room relationship include: Shutting the door when going online; quickly logging off when a parent approaches; telephone calls or packages to your child from someone you don't know.

If you are worried about where your child goes on the Internet, check your browser's history or cache folder (see instructions *below*). And if your concerns are justified or if the history file is suspiciously empty, it's time for a frank talk and firm consequences for breaking the rules.

How to be a snoop

It's not difficult to find out which sites your child has been visiting. Web browsers are designed to store a history, which shows names of sites clicked on. The key is to find the files located in your browser's history folder or cache, and just follow the bread crumbs.

To find the cache folder in a Windo system, go to START and select SEARC Choose FILES and type in the word "cache You can also look for a folder called "Temp rary Internet Files" where recent Web graphi are stored. For Macintosh computers, sele FIND in the File Menu and search for t word "cache." You'll see a list of folders and fi of Web activity. You can open graphics fil with your browser software. From the f menu, simply select OPEN.

Current filtering software options

Filtering programs prohibit certain words pictures from being viewed. Keep in min though, that filters can make regular Web su ing clumsy and may also filter valuable site Leading filters include:

Net Nanny 4.0, Net Nanny Software In $40, www.netnanny.com. Runs on Windo 95 and 98. This proven performer has lots customization features.

CYBERsitter 2000, Solid Oak Software, $4 www.cybersitter.com. Runs on Windows 3. 95, 98, and ME. It's a reliable performer wi intelligent content filtering.

Cyber Patrol 5.0, Surfcontrol, $50 per ye www.surfcontrol.com. Runs on Windows 9 and 98, and Macintosh. This is a filter plus subscription to a list of off-limits sites that y can download for updates. If you are a M user, this is your only option.

Norton Internet Security 2001 Family Ed tion Symantec, $80, www.symantec.com. Ru on Windows 95, 98, ME, NT, and 2000. O of the most stringent filters, it also lets y scan for viruses and block banner ads.

SETTING GUIDELINES

Just like you set rules about how much television your child watches, places they can go without adult supervision, and who they can play with, you need guidelines for Internet use.

- Decide how long and when your child can use the computer each day.
- If possible, set up the computer in a common area so you see what's going on.
- Let your child know that you have a right to see what's on the screen, if you choose.
- Talk to your child about sites visited, with whom they've conversed, and what topics were discussed.
- Familiarize yourself with your child's favorite sites. Make sure any chat rooms your child visits are monitored live by adults.
- Travel the Internet with your child. Bookmark safe sites for your child to visit alone.

OTHER RESOURCES

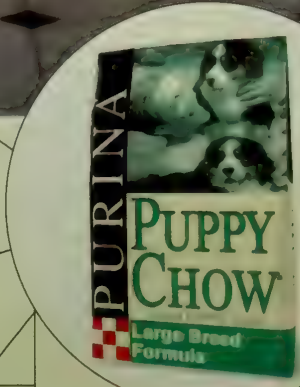
Check out these safety Web sites:

- SafeKids.com (www.safekids.com). This si features guidelines for parents, Internet safe contracts for parents and kids to sign, and links kid-friendly search engines and safe kids' sites.
- GetNetWise (www.getnetwise.org). Select filte ing software products based on your stated need It also features safety guidelines.
- National Center for Missing and Exploited Ch dren (www.missingkids.com). The site includes cyber-tip line to report suspicious Internet activit
- The FBI's Parent's Guide to Internet Safe (www.fbi.gov/library/pguide/pguide.htm).

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Prairifire Crabapple
(Malus Prairifire)

editor's choice

Such Good Breeding

Crabapples continue to bear the stained reputation of ratty-tatty leaves and messy smears of fruit underfoot. But, as often in life, the rep is no longer deserved: Modern varieties of crabs almost universally breed out the undesirable traits and amp the lush display. The Prairifire crab too lost all this badness (and somewhere along the lines, an "e"), and kept the profusion of springtime flowers for which all crabs are known.

But Prairifire is floriferous in the extreme with an all-encompassing rose-pink mass, and its colorful content continues with foliage in a purple vein the rest of the season. In the fall, the tree's regal profusion of leaves turns its complement of orange-red, and the maroon crabapples themselves persist well into winter. Which is to say, they stay where they are supposed to—on the tree.

Now who among us could call this cheery little thing a crab?

by Craig Summers Black

Light: Full sun. **Hardiness:** To 30° below zero.
Growth habit: 20 feet tall and wide. **Bloom time:** Late spring.
To order: See *page 132*.

continued on page 126

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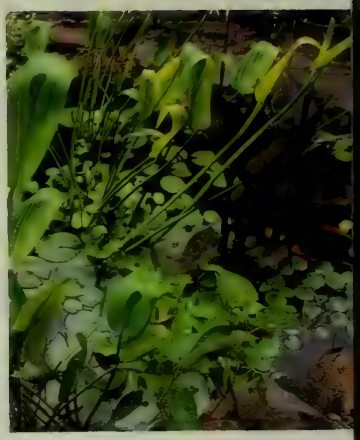
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a product analysis conducted nationally by dent laboratories (October, 2000).

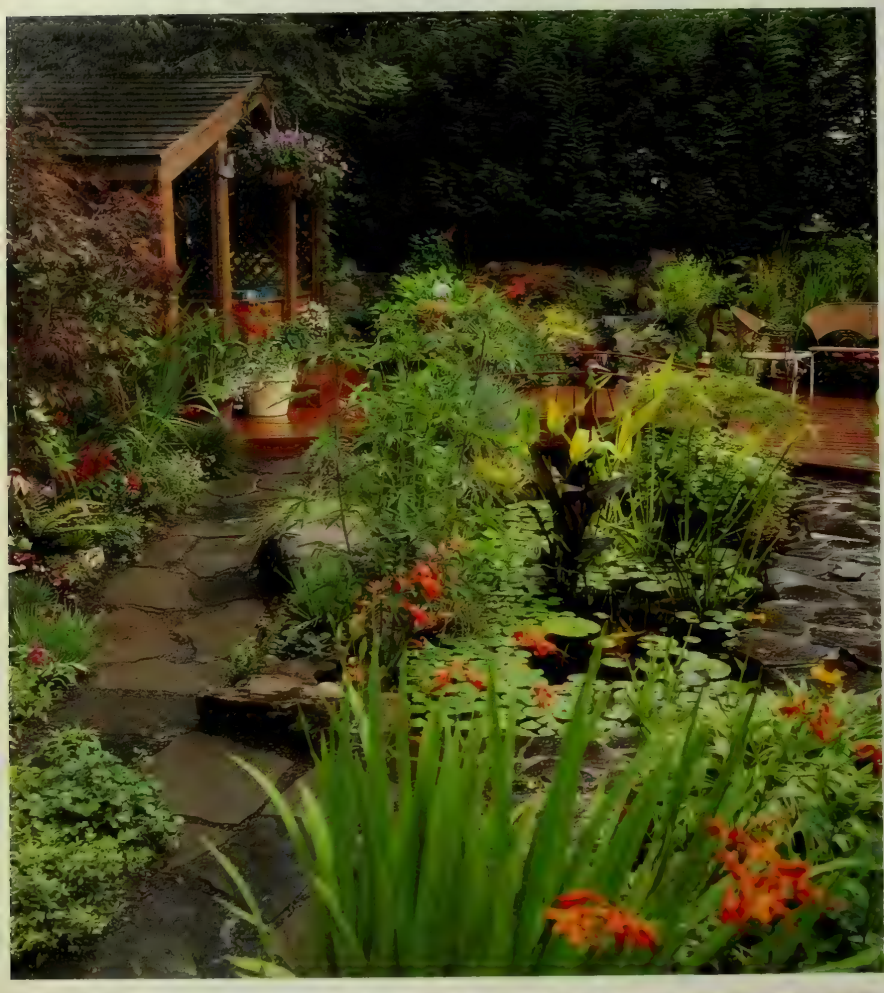
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thland Cranberries, Inc.

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Roxanna's design process: "The way I decide what to plant is I go to the store, and it looks good, and I buy it, and put it in."



The Cermaks built the pavilion for the hot tub first. Then they built a deck by the house. In between, they installed the pond. And to get from the deck to the tub, Brad built a bridge, which is removable when it comes time to clean the pond.



looking good

Get wet: a new view

Roxanna and Brad Cermak say th
get the best view of their water f
ture while sitting in another. Beca
the Cermaks have not only built a
landscaped a flower-filled pond
their tiny backyard, but also instal
a covered hot tub from which
appreciate it. The Cermaks, w
garden in Portland, Oregon, are a
to enjoy their water features all y
long. "One winter it was just c
enough to form a little ice arou
the pond, and we came out here i
the hot tub, and it was so nice a
hot and steamy and luscious," s
Roxanna. "Ooh, I just loved it."

Their slice-of-pie yard is o
25 feet at its widest, and tapers do
to 5 feet. Just right for a pond,
Cermaks thought. "This little sp
really wasn't good for anything el
Roxanna says. "But it was perf
for what we wanted."

continued on page

Dinner's ready

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Maybe it's the flaky top and

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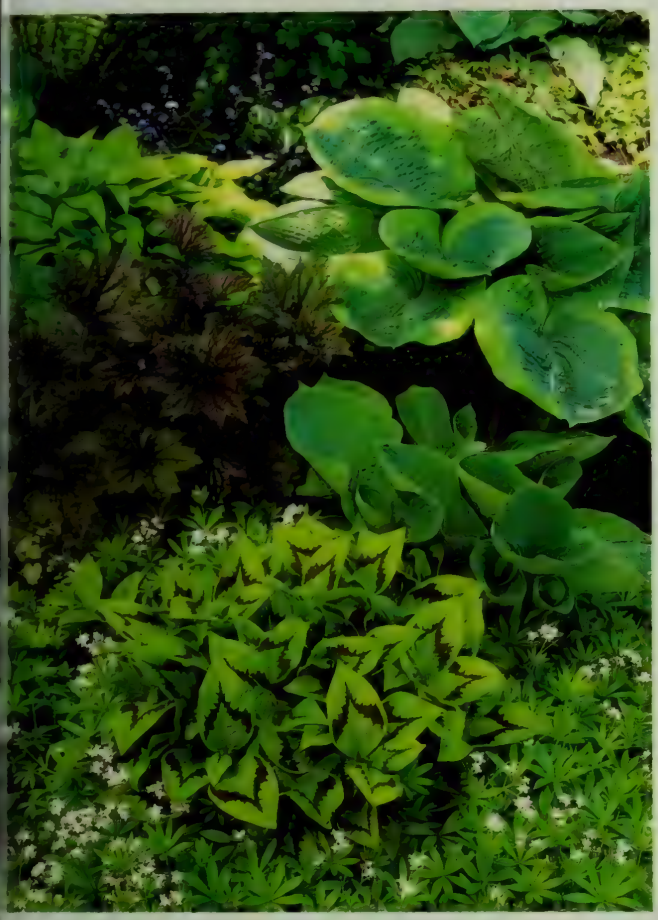
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arthritis experts recommend first.
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ARTHRITIS PAI
take comfort in our strengt

rom page 126



PHOTOGRAPHS: MICHAEL JENSEN; REGIONAL CONTRIBUTOR: LORALEE WENGER

In the shade, the tiny white flowers of sweet woodruff surround Tovara, Palace Purple heuchera, and hostas such as Frances William.

fect pairs

oliage color combos

heir long, narrow front yard posed several ndscaping problems to Julia and Chris Cutler f Seattle. "We needed to get people 70 feet om the street to our house and make it an njoyable trip," Julia says. This they did with tidy aths and tucked-away seating areas. In the rocess, as they solved problems at the site, the ouple discovered they were gardening. And, ney say, there is no substitute for experience.

"The knowledge came after doing it and mov- ng things around," Julia says. "No matter what d read, it didn't make sense until we had plants

continued on page 130

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continued from page 129

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New sprinkler designs let you water your lawn and plants instead of the driveway and walk.



USE YOUR HEADS

For a corner, install a head with a quarter-circle pattern and you'll deliver more water to the lawn and less to the pavement. For narrow strips, overlap the pattern of half-circle sprinklers placed on opposite sides of the strip.

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The control panel for a sprinkler system comes with the knowledge built in. With some panels, you can program the run times of the various zones, schedule the number of days between watering, adjust for seasonal changes, and more. Some systems will even skip a day if it's raining.

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Win a Tundra!





Blue oat grass shoots past golden feverfew and into the cushion spurge (*right*). The mottled purple-gray leaves are of a Pewter Veil heuchera.



The silver-blue foliage of artemisia commands attention at the center of a planting of Purple Palace, a golden Magic Carpet spirea, purple Chameleon euphorbia, and cornflower (*above*).

perfect pairs

in there and I saw how they interacted with each other." While the couple was fairly "flower intensive" when they started out, now they also like plants for what they can contribute to foliage combinations. "And that quadruples what we can use," Chris says.

continued on page 132



Grand Prize: A new Toyota Tundra, $5,000 in Home Depot merchandise and a consultation on a home decorating/remodeling project with a design expert.

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Entries become property of Sponsor and will not be returned or acknowl- late, illegible and postage-due entries are not eligible. **Eligibility:** Sweepstakes is open to legal residents of the tes and the District of Columbia (excluding Puerto Rico, and other territories and possessions) who are 18 years er as of 02/19/01. Employees of Meredith Corporation, Toyota Motor Sales, U.S.A., Inc., The Home Depot and ve affiliates, subsidiaries, advertising, promotion agencies, members of the judging organization, Ventura c., the immediate families of each and persons with whom they are domiciled are not eligible. The sweepstakes ed in compliance with all applicable U.S. Federal, state and local laws and shall be void where prohibited or law. **Prizes:** ONE (1) GRAND PRIZE: new Toyota Tundra 4x4 with SR5 Package, plus a $5,000 shopping spree at and four hours of consultation on a home decorating/remodeling project with a designer selected by Meredith Manufacturer's suggested retail price of the Vehicle is $26,785. The winner shall be responsible for all taxes, and registration fees or other costs, including without limitation any travel or transportation costs, associated the Vehicle (provided, however, the Vehicle shall be delivered at no cost to the winner to an authorized Toyota ributor in the continental U.S. reasonably close in proximity to the winner's residence). The Vehicle shall only be the continental United States. The Vehicle will be delivered solely with the ed warranties set forth in the Vehicle's applicable *Owner's Guide*, which war- run for the term set forth in said *Guide*. Meredith Corporation, Toyota, The and their respective affiliates shall not be responsible for delays in delivery of nd delivery is subject to availability and shall use all reasonable efforts, subject /, to deliver the Vehicle within one hundred eighty days after receipt of the aforementioned ation. The winner shall bear all risk of loss or damage to the Vehicle after it has been delivered ed delivery site. The winner must personally retrieve the prize vehicle within 30 days of written of delivery and must present adequate personal identification and evidence of legally required an alternative winner shall be selected and the original winner's rights to the Vehicle shall be forfeited). Destination charges, dealer prep and optional equipment are winner's responsibility. epot shopping spree and designer consultation must be claimed by 11/30/01. (Total ARV of $34,385). 300 FIRST PRIZES: $25.00 gift cards from Home Depot (ARV: $25.00 each. Total ARV es are non-transferable, and no cash or other substitutions will be made on any prizes (except r reserves the right to substitute prizes of equal or greater value). All taxes and other expenses not specified herein are the responsibility of the winner. Odds are dependent on number of eligible entries received. Estimated circulation of this offer is 40 million. **Winner Selection:** Winners will be determined in random drawings from among all eligible entries received on or about 07/14/01, by Ventura Associates, Inc., an independent judging organization whose decisions are final in all matters relating to this Sweepstakes. Winners will be notified by mail on or about 7/31/01 and will be required to complete and return an Affidavit of Eligibility and Liability Release and Publicity Release which must be returned within 14 days from date printed on the notification letter or an alternate winner will be selected at random. If a prize notification is returned as undeliverable, the winner will be disqualified and an alternate will be selected at random. If winner is an eligible minor, prize may be awarded to parent or legal guardian. Acceptance of a prize constitutes permission to use the winners' names, addresses, photographs, testimonials or other likenesses and/or prize information or personal exposition for promotional, advertising and/or publicity purposes without compensation to the winner except where prohibited by law. **Additional Conditions:** Use of automated devices not valid for entry. No photocopied or mechanically reproduced entries accepted. Entrants assume all risk of lost, late, damaged, incomplete, illegible, misdirected and postage-due entries. Sponsor not responsible for error, omission, interruption, deletion, defect, delay in operations or transmission, theft or destruction or unauthorized access to or alterations of entry materials, or for technical, network, telephone equipment, electronic, computer, hardware or software malfunctions of any kind, or inaccurate transmission of, or failure to receive entry information by sponsor on account of technical problems or traffic congestion on the Internet or at any Web site or any combination thereof. Sponsor is also not responsible for any injury or damage to entrant's or any other person's computer related to or resulting from playing or downloading any materials in the sweepstakes. In the event of a dispute over the identity of an online entrant, entry will be deemed submitted by the holder of the e-mail account associated with the potential winning entry. CAUTION: ANY ATTEMPT BY AN ENTRANT TO DELIBERATELY DAMAGE ANY WEB SITE OR UNDERMINE THE LEGITIMATE OPERATIONS OF THE SWEEPSTAKES IS A VIOLATION OF CRIMINAL AND CIVIL LAWS AND SHOULD SUCH AN ATTEMPT BE MADE, THE SPONSOR RESERVES THE RIGHT TO SEEK DAMAGES FROM ANY SUCH ENTRANT TO THE FULLEST EXTENT PERMITTED BY LAW. IN THE EVENT THE SWEEPSTAKES IS COMPROMISED BY VIRUS, BUGS, NON-AUTHORIZED HUMAN INTERVENTION OR OTHER CAUSES BEYOND THE CONTROL OF SPONSOR WHICH CORRUPTS OR IMPAIRS THE ADMINISTRATION, SECURITY, FAIRNESS OR PROPER PLAY OF THE SWEEPSTAKES, SPONSOR RESERVES THE RIGHT IN ITS SOLE DISCRETION TO MODIFY, SUSPEND OR TERMINATE THE ONLINE PORTION OF THE SWEEPSTAKES AND CONTINUE ONLY WITH THE MAIL-IN PORTION. Meredith Corporation, Toyota, The Home Depot and their respective affiliates shall not have any responsibility or liability whatsoever for any property loss, damage, personal injury or death, in connection with the prizes provided pursuant to the sweepstakes. **Winners List:** For a list of the prize winners (available after 08/31/01, once all clearances are conducted), send a self-addressed, stamped envelope to: Toyota "Win A Truck Load of Stuff" Sweepstakes Winners, P.O. Box 5143, Ellenton, FL 34222-5000. PLEASE DO NOT SEND OTHER CORRESPONDENCE TO THIS BOX NUMBER. **Sponsors:** This sweepstakes is sponsored and promoted by Meredith Corporation, 125 Park Avenue, New York, NY 10017-5529, and Toyota Motor Sales, U.S.A., Inc., 19001 Western Avenue, Torrance, CA 90509.

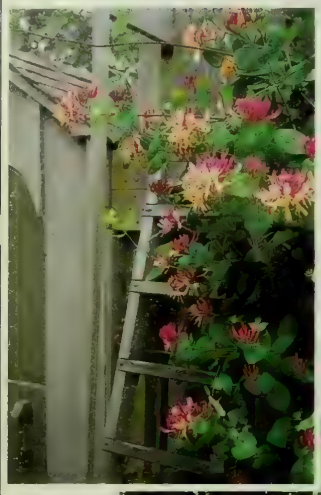
TOYOTA

THE HOME DEPOT

©2001 Toyota Motor Sales, U.S.A., Inc. Buckle Up! Do it for those who love you. The vehicle shown in this ad may not be the vehicle that is awarded.

continued from page 130

test garden tip

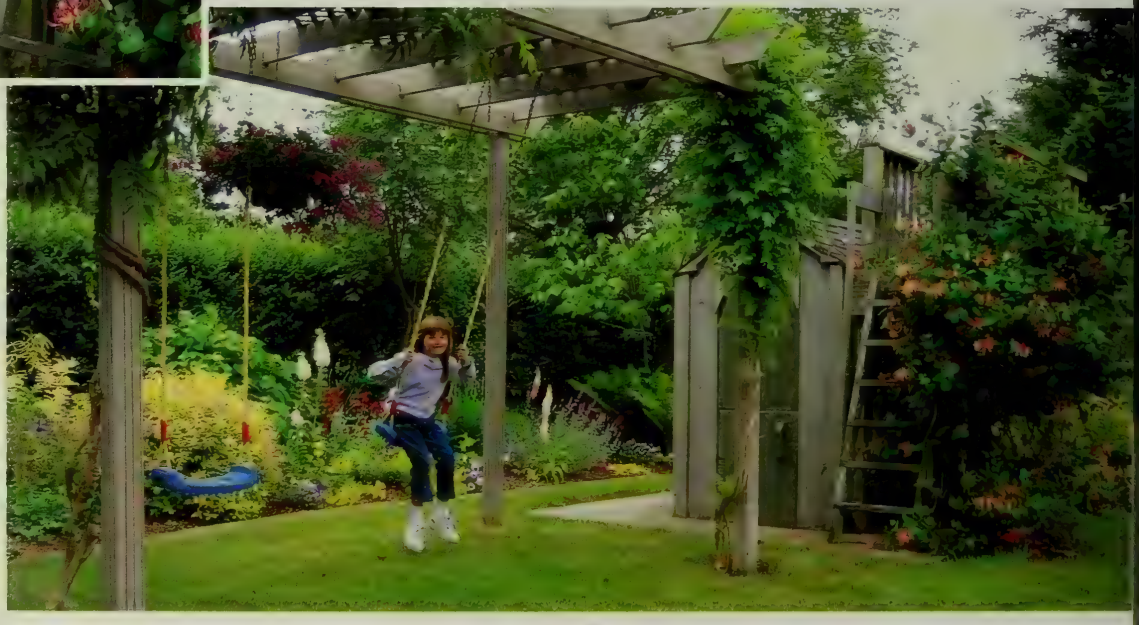


Double duty—and a little cutie

Children and gardens can peacefully coexist. Diane and Earl Bedrick of Mattituck, New York, were convinced of this, so they built this combination arbor and play set. "I didn't want to look at anything ugly like a metal swing set in the middle of the backyard," says Diane. "Not in my garden." They chose honeysuckle for the flowering vine alongside the ladder because not only is it fragrant and a long bloomer, it has no thorns.



Kerri Bedrick (*above and below*) takes full advantage of the swings, slide, and clubhouse. Flowering vines reach across all aspects of the structure.



garden update

Disfiguring daylily disease

A new plant ailment—daylily rust—has arrived in the South. According to the Florida ag department, one of the plants most susceptible is the popular rebloomer Stella de Oro. Treatment: fungicide.

Buying information, page 134

READER SHOPPING

This month's Editor's Choice, the Prairifire Crabapple (*Malus Prairifire*), is a modern variety featuring lush displays of colorful flowers, foliage, and fruit. We'll ship branched trees about 4 feet tall at the proper time for your zone (after the last frost date, about April 15 to June 30, 2001). One tree costs $69.95; additional trees to the same address are $62 each. Prices include shipping, handling, and applicable sales tax. Sorry, we cannot ship to AK, AZ, CA, HI, ID, NV, OR, UT, WA, Canada, Mexico, or Puerto Rico.

TO ORDER with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail send a check or money order to: *Better Homes and Gardens*® Reader Shopping Service, Dept. 0105, Box 9128, Des Moines, IA 50306-9128.



Make an easier change



Nasal allergies can be so frustrating, you feel like moving to a place without pollen, trees, or a single blade of grass.

Of course, you would never go to these extremes. But before you change your life, maybe you should make an easier change. Ask your doctor about FLONASE.

Using multi-symptom FLONASE Nasal Spray once a day can relieve all these nasal allergy symptoms — congestion, sneezing, and itchy, runny nose — all day and night. Results may vary.

If side effects occur, they are generally mild and may include headache, nosebleed, or sore throat. For best results, use daily. Maximum relief may take several days. Available by prescription only.

Ask your doctor about multi-symptom FLONASE, or call 1-800-FLONASE, or visit www.flonase.com.

When you get it all, all it takes is Flonase® (fluticasone propionate) Nasal Spray, 50 mcg

gsk SmithKline

Please see important information on the following page.

FLONASE®
(fluticasone propionate)
Nasal Spray, 50 mcg

BRIEF SUMMARY

SHAKE GENTLY BEFORE USE.

For Intranasal Use Only.

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: FLONASE Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients.

WARNINGS: The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude, and depression. Patients previously treated for prolonged periods with systemic corticosteroids and transferred to topical corticosteroids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic corticosteroid treatment, too rapid a decrease in systemic corticosteroids may cause a severe exacerbation of their symptoms.

The concomitant use of intranasal corticosteroids with other inhaled corticosteroids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the HPA axis.

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS:

General: Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the administration of FLONASE Nasal Spray. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of corticosteroids, including fluticasone propionate.

Use of excessive doses of corticosteroids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or reduction of growth velocity in children or teenagers. Physicians should closely follow the growth of children and adolescents taking corticosteroids, by any route, and weigh the benefits of corticosteroid therapy against the possibility of growth suppression if growth appears slowed.

Although systemic effects have been minimal with recommended doses of FLONASE Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of FLONASE Nasal Spray should be avoided.

When used at higher than recommended doses, or in rare individuals at recommended doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of FLONASE Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral corticosteroid therapy.

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with FLONASE Nasal Spray. Patients using FLONASE Nasal Spray over several months or longer should be examined periodically for evidence of *Candida* infection or other signs of adverse effects on the nasal mucosa.

FLONASE Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infection; untreated local or systemic fungal or bacterial, or systemic viral infections or parasitic infection; or ocular herpes simplex.

Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal corticosteroid until healing has occurred.

Information for Patients: Patients being treated with FLONASE Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use FLONASE Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with FLONASE Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of FLONASE Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the accompanying patient's instructions.

Drug Interactions: In a placebo-controlled, crossover study in eight healthy volunteers, coadministration of a single dose of orally inhaled fluticasone propionate (1000 mcg, 5 times the maximum daily intranasal dose) with multiple doses of ketoconazole (200 mg) to steady state resulted in increased mean fluticasone propionate concentrations, a reduction in plasma cortisol AUC, and no effect on urinary excretion of cortisol. This interaction may be due to an inhibition of the cytochrome P450 3A4 isoenzyme system by ketoconazole, which is also the route of metabolism of fluticasone propionate. No drug interaction studies have been conducted with FLONASE Nasal Spray; however, care should be exercised when fluticasone propionate is coadministered with long-term ketoconazole and other known cytochrome P450 3A4 inhibitors.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in mice at oral doses up to 1000 mcg/kg (approximately 20 times the maximum recommended daily intranasal dose in adults and approximately 10 times the maximum recommended daily intranasal dose in children on a mcg/m² basis) for 78 weeks or in rats at inhalation doses up to 57 mcg/kg (approximately 2 times the maximum recommended daily intranasal dose in adults and approximately equivalent to the maximum recommended daily intranasal dose in children on a mcg/m² basis) for 104 weeks.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells in vitro. No significant clastogenic effect was seen in cultured human peripheral lymphocytes in vitro or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow.

No evidence of impairment of fertility was observed in reproductive studies conducted in male and female rats at subcutaneous doses up to 50 mcg/kg (approximately 2 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis). Prostate weight was significantly reduced at a subcutaneous dose of 50 mcg/kg.

Pregnancy: ***Teratogenic Effects:*** Pregnancy Category C. Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (approximately equivalent to and 4 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis, respectively) revealed fetal toxicity characteristic of potent corticosteroid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed at a subcutaneous dose of 4 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m² basis).

However, no teratogenic effects were reported at oral doses up to 300 mcg/kg (approximately 25 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis) of fluticasone propionate to the rabbit. No fluticasone propionate was detected in the plasma in this study, consistent with the established low

bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of the full prescribing information).

Fluticasone propionate crossed the placenta following oral administration of 100 mcg/kg to rats or 300 mcg/kg to rabbits (approximately 4 and 25 times, respectively, the maximum recommended daily intranasal dose in adults on a mcg/m² basis).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Experience with oral corticosteroids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in corticosteroid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. When tritiated fluticasone propionate was administered to rats at a subcutaneous dose of 10 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m² basis), radioactivity was excreted in the milk. Because other corticosteroids are excreted in human milk, caution should be exercised when FLONASE Nasal Spray is administered to a nursing woman.

Pediatric Use: Five hundred (500) patients aged 4 to 11 years of age and 440 patients aged 12 to 17 years were studied in US clinical trials with fluticasone propionate nasal spray. The safety and effectiveness of FLONASE Nasal Spray in children below 4 years of age have not been established.

Oral and, to a less clear extent, inhaled and intranasal corticosteroids have been shown to have the potential to cause a reduction in growth velocity in children and adolescents with extended use. If a child or adolescent on any corticosteroid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of corticosteroids should be considered (see PRECAUTIONS).

Geriatric Use: A limited number of patients above 60 years of age (n =275) have been treated with FLONASE Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

ADVERSE REACTIONS: In controlled US studies, more than 3300 patients with seasonal allergic, perennial allergic, or perennial nonallergic rhinitis received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events; this rate was similar for vehicle placebo and active comparators.

Systemic corticosteroid side effects were not reported during controlled clinical studies up to 6 months' duration with FLONASE Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive, or taking FLONASE Nasal Spray in conjunction with administration of other corticosteroids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions (>3%, where incidence in fluticasone propionate-treated subjects exceeded placebo) is based upon seven controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4 to 11 years, 137 female and 234 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 2 to 4 weeks and two controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 6 months. Also included in the table are adverse events from two studies in which 167 children (45 girls and 122 boys aged 4 to 11 years) were treated with FLONASE Nasal Spray 100 mcg once daily for 2 to 4 weeks.

Overall Adverse Experiences With >3% Incidence on Fluticasone Propionate in Controlled Clinical Trials With FLONASE Nasal Spray in Patients ≥4 Years With Seasonal or Perennial Allergic Rhinitis

	Vehicle Placebo (n=758) %	FLONASE 100 mcg Once Daily (n=167) %	FLONASE 200 mcg Once Daily (n=782) %
Headache	14.6	6.6	16.1
Pharyngitis	7.2	6.0	7.8
Epistaxis	5.4	6.0	6.9
Nasal burning/ Nasal irritation	2.6	2.4	3.2
Nausea/vomiting	2.0	4.8	2.6
Asthma symptoms	2.9	7.2	3.3
Cough	2.8	3.6	3.8

Other adverse events that occurred in ≤3% but ≥1% of patients and that were more common with fluticasone propionate (with uncertain relationship to treatment) included: blood in nasal mucus, runny nose, abdominal pain, diarrhea, fever, flu-like symptoms, aches and pains, dizziness, bronchitis.

Observed During Clinical Practice: In addition to adverse events reported from clinical trials, the following events have been identified during postapproval use of fluticasone propionate in clinical practice. Because they are reported voluntarily from a population of unknown size, estimates of frequency cannot be made. These events have been chosen for inclusion due to either their seriousness, frequency of reporting, causal connection to fluticasone propionate, occurrence during clinical trials, or a combination of these factors.

General: Hypersensitivity reactions, including angioedema, skin rash, edema of the face and tongue, pruritus, urticaria, bronchospasm, wheezing, dyspnea, and anaphylaxis/anaphylactoid reactions, which in rare instances were severe.

Ear, Nose, and Throat: Alteration or loss of sense of taste and/or smell and, rarely, nasal septal perforation, nasal ulcer, sore throat, throat irritation and dryness, cough, hoarseness, and voice changes.

Eye: Dryness and irritation, conjunctivitis, blurred vision, glaucoma, increased intraocular pressure, and cataracts.

OVERDOSAGE: Chronic overdosage with FLONASE Nasal Spray may result in signs/symptoms of hypercorticism (see PRECAUTIONS). Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since one bottle of FLONASE Nasal Spray contains approximately 8 mg of fluticasone propionate.

The oral and subcutaneous median lethal doses in mice and rats were >1000 mg/kg (>20000 and >41000 times, respectively, the maximum recommended daily intranasal dose in adults and >10000 and >20000 times, respectively, the maximum recommended daily intranasal dose in children on a mg/m² basis).

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U.S. Patent 4,335,121
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RL-868
GLA-01-126BS

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Buying Information

continued from page 79

blind on kitchen door (Natural)—Smith+Nol
P.O. Box 1838, Corona, CA 91718; 800/765-77
Exhaust fan, "Model 8170SA" (Silver)—NuTo
Inc., Madison & Red Bank Roads, Cincinnati,
45227-1599; 800/543-8687. **Tile floor** (Ea
Bronze)—Florim-Cerim through Italian Tr
Commission, Tile Dept., 499 Park Ave., New Y
NY 10022; 212/980-1500. **Recessed lighti**
"Lytecaster"—Lightolier, Inc., 631 Airport Rd.,
River, MA 02720; 800/215-1068; Web s
www.lightolier.com. **Dishwasher,** "Profile" Mo
#CSD4020Y—GE Appliances, GE Answer Cen
800/626-2000. **Cabinets**—custom. **Cabinet**
refrigerator hardware—Hafele America Co., 3
Cheyenne Dr., Archdale, NC 27263; 800/334-18
Countertops and backsplashes, "ARP Surfa
(Charcoal Fusion Textured)—International Pa
Co., Decorative Products Div., 8339 Telegraph
Odenton, MD 21113; 800/638-4380. **Microwav**
Panasonic Co., Home Appliance Div., Consu
Affairs, 1 Panasonic Way, Secaucus, NJ 070
201/348-9090. **Paint on walls** (#971); **blue v**
paint (#833); **trim paint** (White); **paint on d**
(#245)—Benjamin Moore & Co.; 800/826-26
www.benjaminmoore.com.

Gardener's Almanac

Pages 124-132: Prairifire crabapple, Palace Pu
heuchera—Forestfarm, 990 Tetherow Rd., Willia
OR 97544; 541/846-7269; catalog $4. **Sw**
woodruff, Pewter Veil heuchera—Shady O
Nursery, P.O. Box 708, Waseca, MN 56093-07
800/504-8006; free catalog. **Tovara, cush**
spurge—Wayside Gardens, 1 Garden La
Hodges, SC 29695; 800/845-1124; free cata
Frances Williams hosta, perennial cornflower, b
oat grass—White Flower Farm, P.O. Box 50, Li
field, CT 06759; 800/503-9624; free catalog. **Ma**
Carpet spirea—Niche Gardens, 1111 Dawson
Chapel Hill, NC 27516; 919/967-0078; catalog
Chameleon euphorbia—Plant Delights Nurs
9241 Sauls Rd., Raleigh, NC 27603; 919/772-4
catalog $3.20. **Golden feverfew**—Select Seeds,
Stickney Rd., Union, CT 06076-4617; 860/684-9
catalog $3.

Garden Shop™

Page 135: Gardener's Alphabet Sampler K
Banar Designs, 431 S. Main, Fallbrook, CA 920

Pint-Sized Ponds

Pages 138-144: plants for water gardens—
found the broadest selection of floating plant
retail garden centers and pond specialty stores.
following mail-order companies also sell float
Lilypons Water Gardens, P.O. Box 10, Buckeysto
MD 21717-0010; 800/999-5459; free catalog.
adise Water Gardens, 14 May St., Whitman,
02382; 800/955-0161; free catalog.

Sterling Silver

Pages 158-168: dusty miller, artemisia Si
Mound, Snow-in-summer, lamb's-ears—Bluest
Perennials, 7211 Middle Ridge Rd., Madison,
44057; 800/852-5243; free catalog. **Artemisia Si**
Brocade—White Flower Farm, P.O. Box 50, Li
field, CT 06759; 800/503-9624; free catalog. Way
Gardens, 1 Garden Lane, Hodges, SC 29695-0
800/845-1124; free catalog. **Blue oat grass**—B
stone Perennials (address above). White Flo
Farm (address above). **Moonshine achillea**—W
Flower Farm, P.O. Box 50, Litchfield, CT 06
800/255-2852; free catalog. **Blue spruce**—For
farm, 990 Tetherow Rd., Williams, OR 97
541/846-7269; catalog $4. **Allium karatavien**
Greer Gardens, 1280 Goodpasture Island
Eugene, OR 97401-1794; 541/686-8266; catalo
Verbena bonariensis—Plant Delights Nursery, 9
Sauls Rd., Raleigh, NC 27603; 919/772-4794;
log $3.30. White Flower Farm (address above).

continued on page

Gardener's Alphabet



Our Gardener's Alphabet Sampler is available in both a quick-to-stitch stamped (printed) version and a counted cross-stitch version

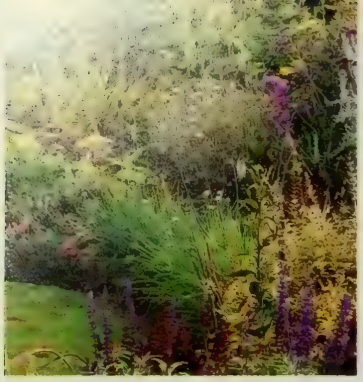
In this whimsical
ımpler, C is for carrot,
) is for daisy, F is for
ɔg, and a bee is for B.

r **Gardener's Alphabet Sampler** cross-stitched with brightly ored garden tools, birds, flowers, l friendly critters to illustrate the habet. A cheerful window box and llis complete the design.

rom Banar Designs, the sampler s designed exclusively for the ders of *Better Homes and Gardens®* gazine and is not sold in stores. It's e to please everyone who enjoys dening, so remember to purchase ra kits to give as gifts. We offer the in stamped (printed) cross-stitch ıished size 16×20 inches) or ınted cross-stitch (finished size ×13 inches). Each kit comes with c-screened muslin fabric for the mped version *or* 14-count ivory la fabric for the counted version, broidery floss, needle, chart, a l-color photo, and instructions. A gle kit costs $19.95; additional kits the same address are $15 each. All ces include shipping, handling, l applicable sales tax. ⌂

TO ORDER with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, send a check or money order to: *Better Homes and Gardens®* Reader Shopping Service, Dept. G0105, Box 9128, Des Moines, IA 50306-9128. *Please be sure to specify whether you want the stamped or counted version of the kit.*





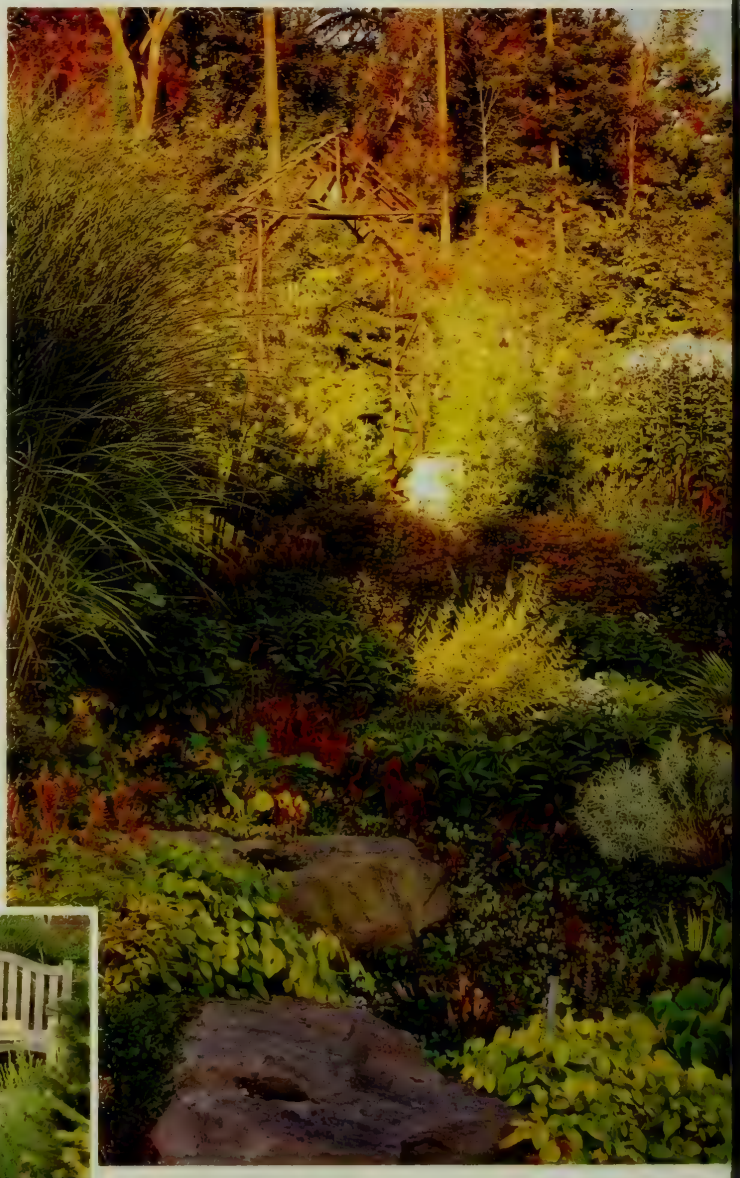
by Craig Summers Bla

Directing Traffic

Everyone has to start somewhere, and we suggest that when you begin planning or enlarging your garden you first take a stroll.

As you walk around your yard, ask yourself these questions. How do I want guests to approach the house? Can they find the front door? How do I get from my car to the door I like to use, especially if I am carrying groceries? Can I get a wheelbarrow or a lawn mower from the front yard to the back? If I put a bench in that shady nook, how can I get there? And if I'm entertaining in the backyard, how do folks know where to go? The answer to all these questions—the way to get the most use out of your yard—is to make a logical plan for paths. Yes, paths: plural.

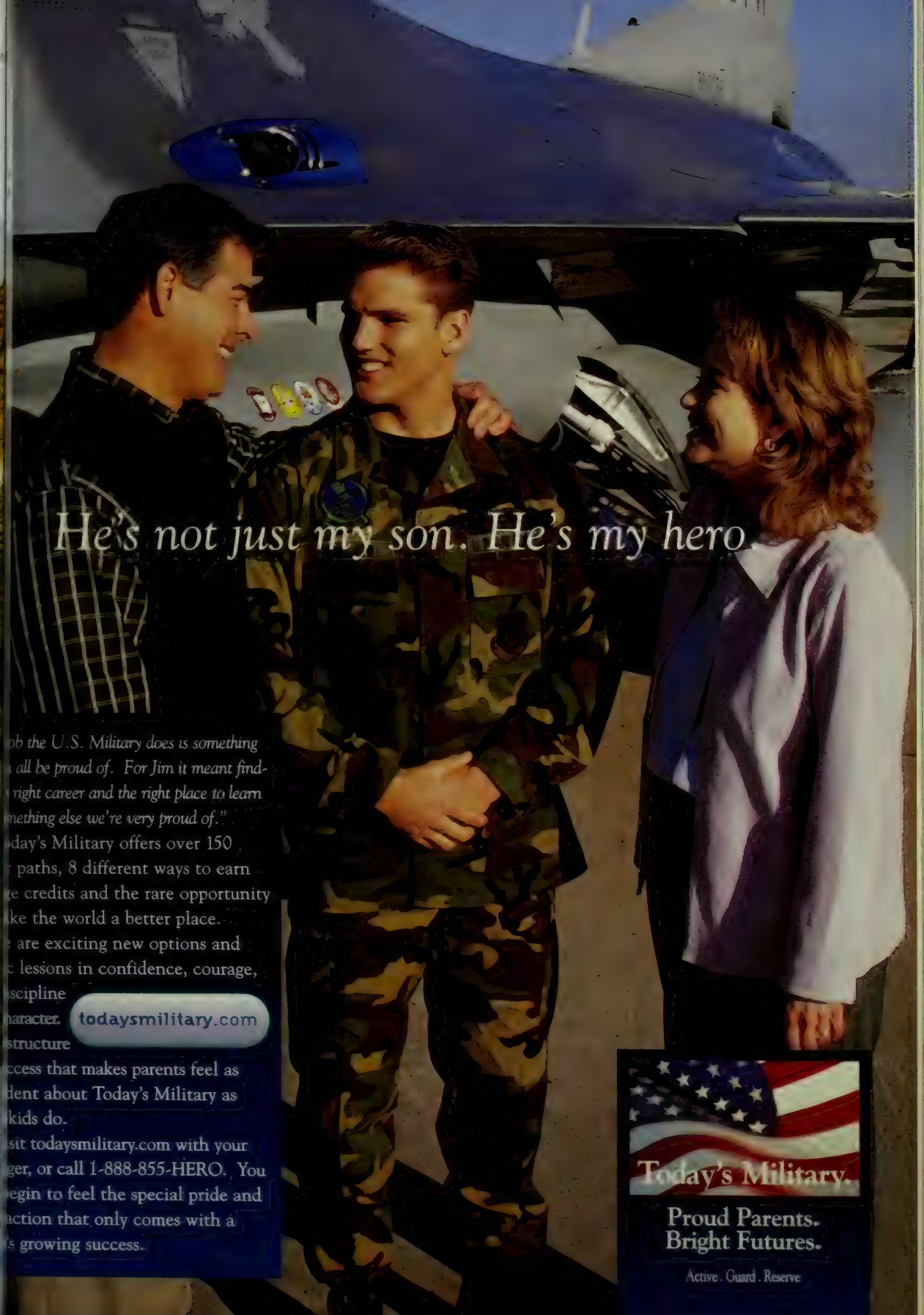
Cathy and Peter Barton's garden in Burien, Washington (*shown here*), goes beyond functional. It also directs guests around the yard and signals them where their destination might be—down the primrose path.

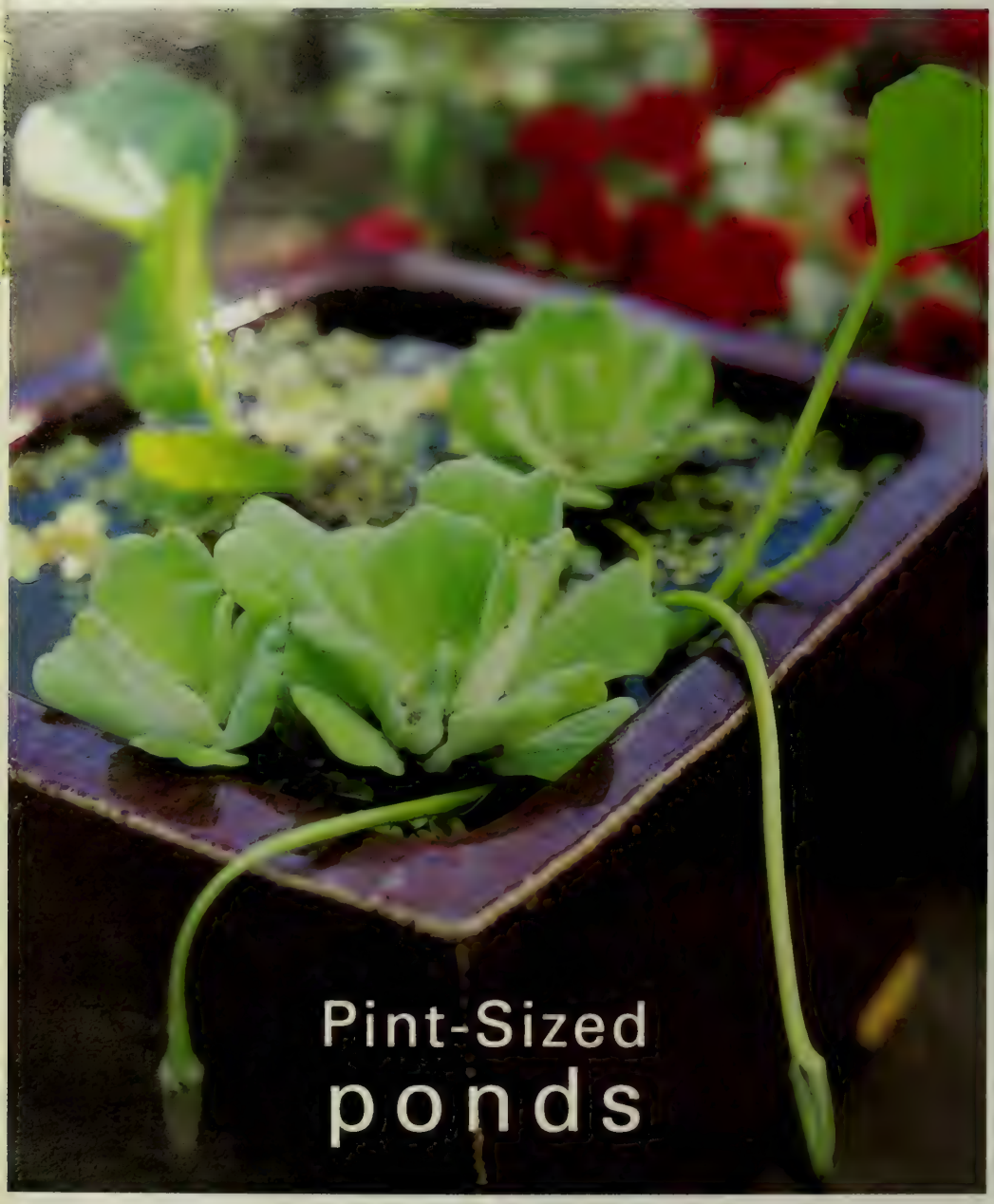




Exuberant plantings may obscure walkways (*above*), but a triumphant arch says come hither. Turf can function as a path too (*top left*). A grassy swath leads to a flower bed and a surprise—corn.

A stone path points to a garden bench sited on concrete (*left*). Dry footing is always of prime consideration.


He's not just my son. He's my hero.
ob the U.S. Military does is something
all be proud of. For Jim it meant find-
right career and the right place to learn
nething else we're very proud of."
day's Military offers over 150
paths, 8 different ways to earn
e credits and the rare opportunity
ke the world a better place.
are exciting new options and
lessons in confidence, courage,
scipline
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ccess that makes parents feel as
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action that only comes with a
s growing success.
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Proud Parents.
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Active. Guard. Reserve



Pint-Sized ponds

by Doug Hall

Three floaters in a square pot:

Water lettuce. These floating plan resemble clumps o lettuce with pleated leaves.

Water poppy. Shin rounded leaves and an occasional yello blossom pop up from its submerged stems.

Salvinia. Chains of tiny oval leaves flo right on the surface

Here's an idea for a water garden so simple that you'll wonder why you didn't think of it yourself. Start with a decorative bowl (or a birdbath, a bucket, a cachepot). Fill it with water. Add floating aquatic plants from the garden center. You're done! These tabletop creations allow you to enjoy water's refreshing sparkle without digging a crater in your backyard. And you can move your garden-in-a-bowl every time you rearrange the deck furniture. Try doing that with a hole in the yard.

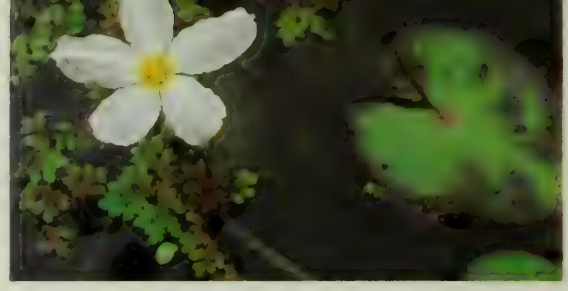
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Pint-Sized Ponds

continued from page 138



It's amazing just how much garden you can make in a gallon of water. A 12- to 18-inch bowl accommodates three or four types of floating plants, or "floaters," which range from the minute flecks of duckweed to big, balloon-like water hyacinths. Floaters are sold at any garden center that specializes in water gardening. They dangle their roots right into the water without any need for soil. Even though these aquatic plants are usually found in larger bodies of water, they don't mind the confines of a shallow bowl.

continued on page 141D



Three floaters in a faux-granite bowl:

White snowflake. Dainty blossoms (detail, *above*) hover over purple-mottled leaves.

Water lettuce. These leafy rosettes multiply in a hen-and-chicks manner; small new sprouts surround mature plants.

Azolla. Azolla's ferny leaves spread quickly to fill a bowl garden. It also goes by the name "fairy moss."

Fight Allergy-face!

- Fast, effective first-day nasal allergy relief
- No fragrance or unpleasant taste
- No irritating alcohol

Nasacort AQ Nasal Spray is nondrowsy and nonhabit-forming. It's for adults and children as young as 6 years and must be used daily for best results. Maximum relief may take up to one week. Nasacort AQ has a low incidence of side effects that may include sore throat, nosebleed, and cough. Available by prescription only. Ask your doctor if it's right for you.

ONCE-DAILY Nasacort® AQ
(triamcinolone acetonide) Nasal Spray

Puts Allergy-face in its place

1.888.272.NOSE (6673) **www.nasacort.com**

Please see additional important information about Nasacort AQ on next page.



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Nasacort AQ

(triamcinolone acetonide) Nasal Spray

For intranasal use only.

Shake Well Before Using

BRIEF SUMMARY

CONTRAINDICATIONS

Hypersensitivity to any of the ingredients of this preparation contraindicates its use.

WARNINGS

The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency and, in addition, some patients may experience symptoms of withdrawal: *e.g.*, joint and/or muscular pain, lassitude and depression. Patients previously treated for prolonged periods with systemic corticosteroids and transferred to topical corticosteroids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic corticosteroid treatment, too rapid a decrease in systemic corticosteroids may cause a severe exacerbation of their symptoms.

Children who are on immunosuppressant drugs are more susceptible to infections than healthy children. Chickenpox and measles, for example, can have a more serious or even fatal course in children on immunosuppressant doses of corticosteroids. In such children, or in adults who have not had these diseases, particular care should be taken to avoid exposure. If exposed, therapy with varicella-zoster immune globulin (VZIG) or pooled intravenous immunoglobulin (IVIG), as appropriate, may be indicated. If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS

General: In clinical studies with triamcinolone acetonide nasal spray, the development of localized infections of the nose and pharynx with *Candida albicans* has rarely occurred. When such an infection develops it may require treatment with appropriate local or systemic therapy and discontinuance of treatment with **Nasacort AQ** Nasal Spray.

Nasacort AQ Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract or in patients with untreated fungal, bacterial, or systemic viral infections or ocular herpes simplex.

Because of the inhibitory effect of corticosteroids, in patients who have experienced recent nasal septal ulcers, nasal surgery, or trauma, a corticosteroid should be used with caution until healing has occurred. As with other nasally inhaled corticosteroids, nasal septal perforations have been reported in rare instances.

When used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, **Nasacort AQ** Nasal Spray should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Information for Patients: Patients being treated with **Nasacort AQ** Nasal Spray should receive the following information and instructions. Patients who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles and, if exposed, to obtain medical advice.

Patients should use **Nasacort AQ** Nasal Spray at regular intervals since its effectiveness depends on its regular use. (See **DOSAGE AND ADMINISTRATION**.)

An improvement in some patient symptoms may be seen within the first day of treatment, and generally, it takes one week of treatment to reach maximum benefit. Initial assessment for response should be made during this time frame and periodically until the patient's symptoms are stabilized.

The patient should take the medication as directed and should not exceed the prescribed dosage. The patient should contact the physician if symptoms do not improve after three weeks, or if the condition worsens. Patients who experience recurrent episodes of epistaxis (nose bleeds) or nasal septum discomfort while taking this medication should contact their physician. For the proper use of this unit and to attain maximum improvement, the patient should read and follow the accompanying patient instructions carefully.

It is important to shake the bottle well before each use. **Also, the bottle should be discarded after 120 actuations since the amount of triamcinolone acetonide delivered thereafter per actuation may be substantially less than 55 mcg of drug.** Do not transfer any remaining suspension to another bottle.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: In a two-year study in rats, triamcinolone acetonide caused no treatment-related carcinogenicity at oral doses up to 1.0 mcg/kg (approximately 1/30 and 1/50 of the maximum recommended daily intranasal dose in adults and children on a mcg/m^2 basis, respectively). In a two-year study in mice, triamcinolone acetonide caused no treatment-related carcinogenicity at oral doses up to 3.0 mcg/kg (approximately 1/12 and 1/30 of the maximum recommended daily intranasal dose in adults and children on a mcg/m^2 basis, respectively).

No mutagenicity studies with triamcinolone acetonide have been performed.

In male and female rats, triamcinolone acetonide caused no change in pregnancy rate at oral doses up to 15.0 mcg/kg (approximately 1/2 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). Triamcinolone acetonide caused increased fetal resorptions and stillbirths and decreases in pup weight and survival at doses of 5.0 mcg/kg and above (approximately 1/5 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). At 1.0 mcg/kg (approximately 1/30 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), it did not induce the above mentioned effects.

Pregnancy: *Teratogenic Effects: Pregnancy Category C.* Triamcinolone acetonide was teratogenic in rats, rabbits, and monkeys. In rats, triamcinolone acetonide was teratogenic at inhalation doses of 20 mcg/kg and above (approximately 7/10 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). In rabbits, triamcinolone acetonide was teratogenic at inhalation doses of 20 mcg/kg and above (approximately 1/3 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). In rabbits, triamcinolone acetonide was teratogenic at an inhalation dose of 500 mcg/kg (approximately 37 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). Dose-related teratogenic effects in rats and rabbits included cleft palate and hydrocephaly and axial skeletal defects, whereas the effects observed in the monkey were cranial malformations.

There are no adequate and well-controlled studies in pregnant women. Therefore, triamcinolone acetonide should be used in pregnancy only if the potential benefit justifies the potential risk to the fetus. Since their introduction, experience with oral corticosteroids used pharmacologic as opposed to physiologic doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in glucocorticoid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy.

Nonteratogenic Effects: Hypoadrenalism may occur in infants born of mothers receiving corticosteroids during pregnancy. Such infants should be carefully observed.

Nursing Mothers: It is not known whether triamcinolone acetonide is excreted in human milk. Because other corticosteroids are excreted in human milk, caution should be exercised when **Nasacort AQ** Nasal Spray is administered to nursing women.

Pediatric Use: Safety and effectiveness in pediatric patients below the age of 6 years have not been established.

Corticosteroids have been shown to cause growth suppression in children and adolescents particularly with higher doses over extended periods. If a child or teenager on an intranasal corticosteroid appears to have growth suppression, the possibility that they are particularly susceptible to this effect of corticosteroids should be considered.

ADVERSE REACTIONS

In placebo-controlled, double-blind, and open-label clinical studies, 1483 adult and children 12 years and older received treatment with triamcinolone acetonide aqueous nasal spray. These patients were treated for an average duration of 51 days. In the controlled trials (2-5 weeks duration) from which the following adverse reaction data are derived, 857 patients were treated with **Nasacort AQ** Nasal Spray for an average of 19 days. In a long-term, open-label study, 172 patients received treatment for an average duration of 1 year.

Adverse events occurring at an incidence of 2% or greater and more commonly with **Nasacort AQ**-treated patients than placebo-treated patients in controlled adult clinical trials were:

Adverse Events	Patients treated with 220 mcg triamcinolone acetonide (n=857) %	Vehicle Placebo (n=96
Pharyngitis	5.1	3
Epistaxis	2.7	0
Increase in cough	2.1	1

A total of 602 children 6 to 12 years of age were studied in 3 double-blind, placebo-controlled clinical trials. Of these, 172 received 110 mcg/day and 207 received 220 mcg/day of **Nasacort AQ** Nasal Spray for two, six, or twelve weeks. The longest average duration of treatment for patients receiving 110 mcg/day and 220 mcg/day were 76 days and 84 days respectively. Only 1% of those patients treated with **Nasacort AQ** were discontinued due to adverse experiences. No patient receiving 110 mcg/day discontinued due to a serious event and one patient receiving 220 mcg/day discontinued due to a serious event considered not drug related. Overall, these studies found the adverse experience profile of **Nasacort AQ** to be similar to placebo. A similar adverse event profile was observed in pediatric patients 6-12 years of age as compared to older children and adults with the exception of epistaxis which occurred in less than 2% of the pediatric patients studied.

Adverse events occurring at an incidence of 2% or greater and more common among patients treated with placebo than **Nasacort AQ** were: headache, and rhinitis. In children 6 to 12 years these events included: asthma, epistaxis, headache, infection, otitis, sinusitis, and vomiting.

In clinical trials, nasal septum perforation was reported in one adult patient although causal relationship to **Nasacort AQ** Nasal Spray has not been established.

In the event of accidental overdose, an increased potential for these adverse effects may be expected, but acute systemic adverse experiences are unlikely. (See **OVERDOSAGE**)

OVERDOSAGE

Like any other nasally administered corticosteroid, acute overdosing is unlikely. Even if the total amount of active ingredient present. In the event that the entire contents of the bottle were administered all at once, via either oral or nasal application, clinically significant systemic adverse events would most likely not result. The patient may experience gastrointestinal upset.

Caution: Federal law prohibits dispensing without prescription.

Please see product circular for full prescribing information.

Manufactured by Rhône-Poulenc Rorer Puerto Rico Inc.
Manati, Puerto Rico

Aventis Pharmaceuticals Products Inc.
Collegeville, PA 19426

Patent Pending

naqb1097b

laster trainer perfects the science f "Ab-robics"

rs of fitness research has led to the development of AB-DOer™, the first machine that provides effective abdominal aerobic workout.

Myers

ERICA'S ABDOMINAL AEROBICS EXPERT



Abdo is known around world as an authority in ation, health, fitness and letic conditioning. As a r Olympic trainer, he has ned numerous Olympic world class athletes. John lso the award-winning ventor who created the Oer, which has generated lions of dollars in sales.

For years, I've been fighting a losing battle against my expanding waistline. I tried playing tennis...I tried jogging...I even tried diet pills, but nothing worked. I reached the point where I was in pretty good shape, as my legs and arms became stronger. The only problem was that I was still hauling around an extra 10 pounds on my midsection, and there did not seem to be a thing I

l do about it. Then one day I ran into ld tennis partner who'd had a similar . She told me she'd given up tennis vas concentrating ne thing: her ection. She said found the pernachine for a ted aerobic out for her minal, oblique back muscles... B-DOer™.

t a waist. Until there has not a fitness ine that made it ible to aerobicain the midsection. Treadmills and stairers work the legs, and ab crunchers and rs strengthen your muscles. Most of methods don't reduce the size of your t, and some even cause your midsection to appear larger. Most people's perception of your fitness is based on the size of your waist. AB-DOer is simply the most balanced midsection reduction system available today.

Body engineering. The creators of this remarkable machine recognized that even with all of the fitness machines on the market, none targeted an aerobic workout on the midsection. AB-DOer targets more than just the upper abs, it works the obliques and the muscles of the lower back. Unlike crunchers and rollers, which provide only forward resistance, AB-DOer enables a wide range of motion. The adjustable Resistance Bar allows you to work the midsection's muscles from different contraction angles. This allows you to exercise the inner abdominal, oblique and back muscles, helping you to lose inches fast and achieve the definition you desire.

Check out these success stories...

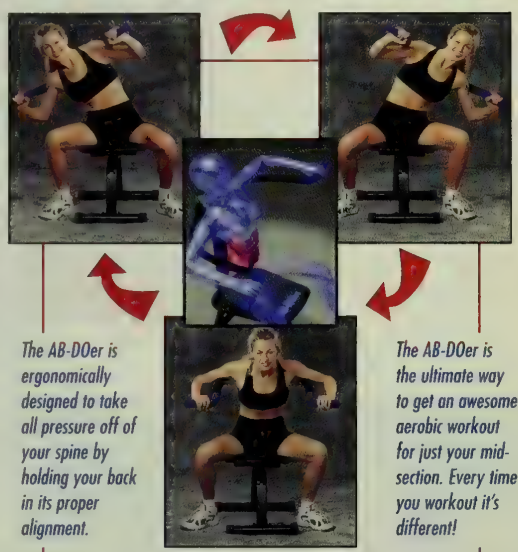
"I went from a 46" to a 40" waist using the Ab-Doer every other day for 5 weeks."
Richard, Kansas

"We got one for our second home in San Juan, PR. Believe me, it works. It doesn't take a lot of time. We love it, both of us. Even my husband likes it."
Tracy, Texas
—Results not typical—

Benefits for the back. In addition to trimming inches and toning muscles, AB-DOer may help you avoid the back pain suffered by over 80% of the population. The total midsection workout you get from this machine provides balanced muscle development. It is ergonomically designed to take pressure off of your spine by holding the back in proper alignment during use. The unique back roller even massages your back as you work.

Quality components. AB-DOer is constructed of heavy gauge steel to withstand even the most vigorous workouts. The padded seat and high-tech foam provide for comfort and proper form, and the patented resistance bar allows you to customize your workout for maximum results. Unlike other abdominal machines, it has a sturdy stand, so you don't have to get on the floor to use it. You can remove the stand and use the AB-DOer on a bench, chair or stair landing...it's perfect for travel. In addition to the Training Manual, there is even a Music Workout and Instructional Video.

Try it risk-free. AB-DOer comes with a 90-day manufacturer's limited warranty and TechnoScout's exclusive risk-free home trial. If you are not satisfied for any reason, simply return it within 30 days for a full "No Questions Asked" refund.



The AB-DOer is ergonomically designed to take all pressure off of your spine by holding your back in its proper alignment.

The AB-DOer is the ultimate way to get an awesome aerobic workout for just your midsection. Every time you workout it's different!

Most ab machines allow a forward motion only. With AB-DOer you get a full circular motion that allows you to work virtually every ab muscle. Most ab machines allow a forward motion only. With AB-DOer you get a full circular motion that allows you to work virtually every ab muscle.

BEHIND THE TECHNOLOGY
WHY THE AB-DOER WORKS



- **Full range of motion**
- **Every workout is different**
- **Workout while sitting down**
- **You set the pace**
- **Holds the back in proper alignment**
- **Aerobic workout for your abs**

☐ **Yes, I want to take advantage of the latest workout technology!**

AB-DOer™
Five credit-card payments of
. . . . . **$29.95** $19 S&H
Please mention product code **15801-20556.**
For fastest service, call toll-free 24 hours a day

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To order by mail, send check or money order for the total amount including S&H. To charge it to your credit card, enclose your account number and expiration date.
Virginia residents only—please add 4.5% sales tax.

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Pint-Sized Ponds

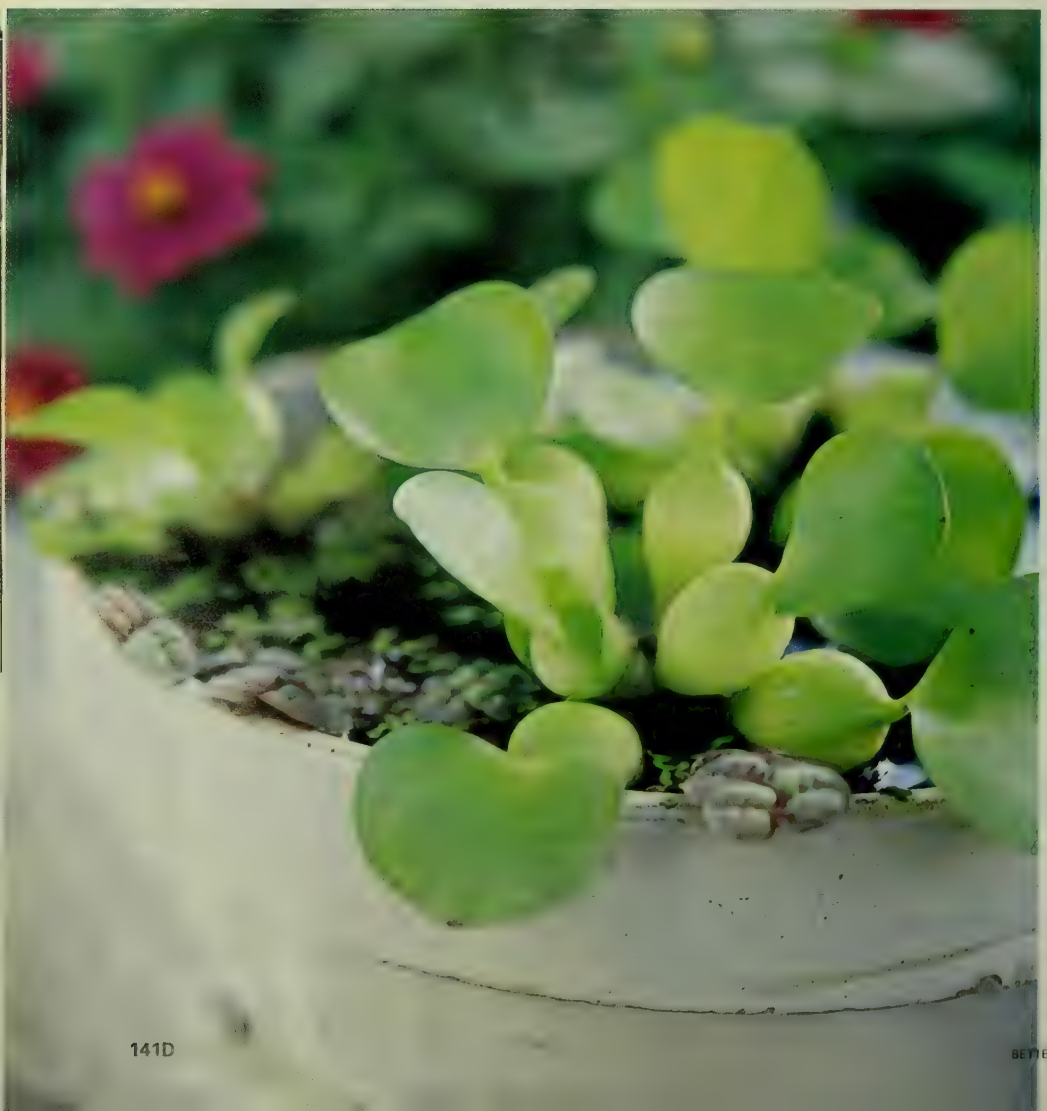
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Many floaters grow fast, especially when t weather is hot. You will likely need to thin c the overabundance from your tabletop po now and then. Give the extras (such as th offset of water hyacinth, *left*) to friends, discard the plants on your compost pile.

A word of caution: Water hyacinth, wat poppy, salvinia, and many other aquatic plan are considered noxious weeds in some stat where they clog lakes and streams. Plants fro your water garden should never be introduc into natural waterways or anywhere else th they might become a nuisance.

continued on page 1



Three floaters in a stoneware bowl:

Water hyacinth. Each shiny leaf is perched on an inflated bubble of a stem. In summer, lavender flowers appear.

Phyllanthus. New arrived from South America and still hard to find, it look like a burgundy version of salvinia.

Duckweed. These tiny bits of green le multiply to make a blanket of green.

~~mood~~ swing

Think it's PMS? Think again.



It could be PMDD.

Irritability, sadness, sudden mood changes, tension, bloating. If you suffer from many of these symptoms month after month and they clearly interfere with your daily activities and relationships, you could have PMDD. PMDD – Premenstrual Dysphoric Disorder – is a distinct medical condition that is characterized by intense mood and physical symptoms right before a period.

Sarafem can help. Doctors can treat PMDD with Sarafem – the first and only prescription medication for PMDD. To learn more about PMDD, visit Sarafem.com or call 1-877-599-PMDD.

Important Safety Information. If you develop a rash or hives while taking Sarafem, call your doctor right away because this can be a sign of a serious medical condition. You should not take Sarafem at the same time as or within two weeks of stopping an MAO inhibitor (MAOI). Don't take an MAOI for *at least* 5 weeks after stopping Sarafem. Also, you should not take thioridazine at the same time as or within 5 weeks of stopping Sarafem. Some women may experience side effects such as tiredness, upset stomach, nervousness, dizziness and difficulty concentrating. Side effects are usually mild and tend to go away within a few weeks. Sarafem contains fluoxetine hydrochloride, the same active ingredient found in Prozac®. Be sure to tell your doctor if you are pregnant or nursing, or planning on becoming pregnant. **Please see the following page for additional information about Sarafem (10 mg and 20 mg capsules).**

Why live this way another month? Talk to your doctor today.



Sarafem™
fluoxetine hydrochloride

More like the Woman you are

Lilly

Sarafem™
fluoxetine hydrochloride

INFORMATION FOR THE PATIENT

READ THIS INFORMATION COMPLETELY BEFORE USING SARAFEM (SAIR-a-fem). This leaflet provides a summary about SARAFEM and does not contain complete information about your medicine. This information is not meant to take the place of discussions between you and your doctor. Talk with your doctor, pharmacist or other healthcare professional if there is something you do not understand or if you want to learn more about SARAFEM. Always follow your doctor's instructions on how to take SARAFEM.

What is SARAFEM?

SARAFEM is a prescription medicine used by women who have menstrual periods or cycles to treat the symptoms of premenstrual dysphoric disorder (PMDD).

What is PMDD?

PMDD is a medical condition that affects only women who have menstrual periods or cycles. Symptoms of PMDD are limited to the week or two before a woman's menstrual period and commonly include mood symptoms such as irritability, mood swings, and tension as well as physical symptoms of bloating and breast tenderness. When the symptoms of PMDD appear they cause interference in day to day activities and relationships.

What is the active ingredient in SARAFEM?

SARAFEM contains fluoxetine hydrochloride, the same active ingredient found in Prozac®

How does SARAFEM work?

While it is unknown what causes PMDD, many doctors believe it may be related to an imbalance in a natural chemical in the body called serotonin. The actions of SARAFEM on serotonin may explain its effects in improving the symptoms of this condition.

Who should not take SARAFEM?

You should not take SARAFEM if you:

- are allergic to fluoxetine hydrochloride, the active ingredient in SARAFEM.
- are taking a type of antidepressant medicine known as a monoamine oxidase inhibitor (MAOI), such as Nardil (phenelzine) or Parnate (tranylcypromine). Using an MAOI together with many prescription medicines including SARAFEM can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you can take SARAFEM. Also, you need to wait at least 5 weeks after you stop taking SARAFEM before you take an MAOI.
- are taking a type of antipsychotic medicine known as Mellaril (thioridazine). You need to wait at least 5 weeks after you stop taking SARAFEM before you take Mellaril.

How should I take SARAFEM?

- Take SARAFEM exactly as directed by your doctor.
- SARAFEM comes as a 10 mg lavender capsule and a 20 mg pink and lavender capsule. The usual dose is 20 mg a day, but your doctor will prescribe the dose that is right for you.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of SARAFEM that has been prescribed for you.
- SARAFEM can be taken with or without food.
- To help you remember to take SARAFEM, it may be best to take it at about the same time each day, such as every morning.
- Remember to get your refills before you run out of SARAFEM.
- Talk with your doctor about how long you should keep taking SARAFEM.
- Talk with your doctor before you stop taking SARAFEM.

What should I talk to my doctor about when taking SARAFEM?

- If you get a rash or hives while taking SARAFEM, call your doctor right away because this can be a sign of a serious medical condition.
- Be sure to tell your doctor if you are taking Prozac, since this contains fluoxetine, the same active ingredient found in SARAFEM.
- Be sure to tell your doctor if you are taking or plan to take any prescription or nonprescription medicines, vitamins, natural supplements, herbal remedies or alcohol. As with most other prescription medications, SARAFEM may interact with some of these products.
- You should tell your doctor if you are pregnant, plan to become pregnant or are breast feeding while taking SARAFEM.
- Tell your doctor if you have diabetes. The dose of diabetes medicine you need may change when you start or stop taking SARAFEM.
- Tell your doctor about any other medical conditions you may have, especially liver disease, or a history of seizures or mania.

What are possible side effects of SARAFEM?

All prescription medicines may cause side effects in some patients.

- In medical studies of women taking SARAFEM for PMDD, the most common side effects likely caused by SARAFEM were tiredness, upset stomach, nervousness, dizziness, and difficulty concentrating. Other side effects were reported less frequently in those same studies. Side effects were generally mild, often disappeared after a few weeks, and most did not cause women to stop taking SARAFEM.
- SARAFEM can cause changes in sexual desire or satisfaction.
- Do not drive a car or operate dangerous machinery until you know what effect SARAFEM may have on you.
- Contact your doctor or healthcare professional if you get a rash or hives, or if you get other side effects that concern you while taking SARAFEM.

What else can I do?

In addition to taking SARAFEM:

- eat a well-balanced diet (including fruits, vegetables and fiber) and get regular exercise.
- drink plenty of water daily and lower the amount of caffeine and salt in your diet, especially before your menstrual period.

Talk to your doctor before you begin any diet or exercise program.

How do I store SARAFEM?

- Store SARAFEM at room temperature.
- Keep all medicines, including SARAFEM, out of the reach of children.

General information

This is a summary of information about SARAFEM. Medicines are sometimes prescribed for purposes other than those listed in a patient information summary. This medicine was prescribed for your use only. Do not let anyone else use your SARAFEM.

If you have any questions or concerns, want to report any problems with the use of SARAFEM or want more information about SARAFEM, contact your doctor, pharmacist or other healthcare professional.

This patient information summary has been approved by the US Food and Drug Administration.

www.sarafem.com
Literature issued July 11, 2000

PV 3281 [07112000]

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Indianapolis, IN 46285 USA

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Sarafem™ (fluoxetine hydrochloride)

Pint-Sized Ponds

continued from page 141D



Four floaters in a glass saucer.

These days, almost every garden center and nursery has a department devoted to water gardening, so you won't have any trouble finding plants. When you buy starters, be restrained. Water lettuce and water hyacinth multiply very fast. You only need one of each for a single garden. Azolla fern also multiplies fast, so buy just a bit. Later, spoon out the excess from time to time.

continued on page 144

Parrot feather. In a deeper pond, only wispy tips emerge from the water. We allowed the stems creep over the edg

Frogbit. Its rounde leaves are visible o the left side of the bowl. It bears whit flowers in summer

Water lettuce. Ha you noticed how much we like these velvety rosettes?

Azolla. This ferny floater often takes a ruddy tinge.



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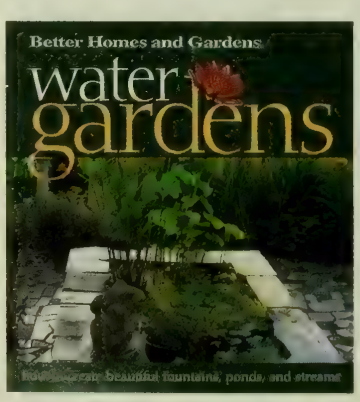
Pint-Sized Ponds continued from page 142

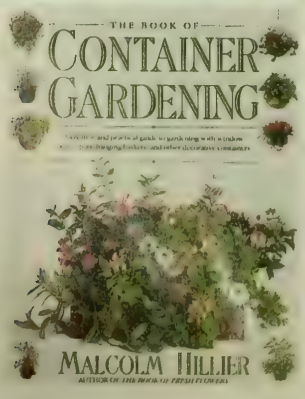




At the garden center, they'll bag your floaters for you to carry home (*above left*). Transfer them as soon as you can to a bowl or a bucket of water at ambient temperature. Place your completed water garden in sun or partial shade. Check the water level a couple times a week and add water as needed. To feed floaters, mix water-soluble fertilizer (we used Miracle-Gro) according to directions. Add a half-cup of the fertilizer solution to the new water garden (*above right*), and again every two weeks or as needed to keep foliage a healthy green. ⌂

Buying information, page 134





Gardening Resources

If you enjoyed this feature on "Pint-Sized Ponds"and the feature calle "Considerable Containers" (*pages 171 to 178*), we invite you to find out mo with these two books (*left*), which are chock-full of detailed information c these popular topics.

Water Gardens, a brand-new title from the editors of *Better Homes a Gardens*® Books, will inspire you to create the soothing, cooling water fe tures that are such desired additions to today's landscapes. The 144-pag softcover book is filled with great ideas for creating fountains, ponds, strean and waterfalls. It includes practical advice on choosing appropriate plants a fish, as well as maintenance tips. The price of the book is $24.95, whic includes shipping, handling, and applicable sales tax.

The Book of Container Gardening, a 192-page hardcover from Simo and Schuster, is the ultimate guide to growing plants in containers—fro window boxes and hanging baskets to barrels, tubs, pots, and urns. The boo includes the basics of designing and planting, plus advice on keeping th plants in good condition and ensuring a long-lasting display. The price of th book is $39.95, which includes shipping, handling, and applicable sales ta

TO ORDER with your MasterCard, Visa, Discover, or American Express card, c 800/881-4066. To order by mail, specify the book(s) you wish to order and send check or money order for the total to: *Better Homes and Gardens*® Reader Shoppi Service, Dept. 0105, Box 9128, Des Moines, IA 50306-9128.



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by Doug Hall

light on the path

In the *BH&G*® Test Garden, these low-voltage landscape lights illuminate the path at night.



As night falls in the *Better Homes and Gardens*® Test Garden, the glare of the sun is replaced with the soft glow of landscape lights. Just as our birdhouse-inspired lamps encourage us to linger after hours, lights in your own garden will extend the time you enjoy being outdoors.

Our outdoor lamps are spaced about 12 feet apart along the length of a winding brick path, serving to guide nighttime strolls through the Test Garden. Path lights are also useful where there are steps, slopes, or irregular paving. From an aesthetic standpoint, the pools of illumination can be situated in strategic spots to call attention to your garden's best features—a water garden or a colorful flower bed, for example—while the rest fades to black.

These path lights are constructed of cedar and treated lumber, and are topped with jaunty copper roofs. The roofs direct gentle beams of light downward, where they are needed for sure footing. For safety and economy, a transformer reduces household current to 12 volts. Low-voltage wiring is uncomplicated, but if you haven't worked with electricity before, we recommend that you check local electric codes and consult with an electrician before beginning the project.

TO ORDER PLANS

Duplicate these lights with a *Better Homes and Gardens* Project Plan. The professionally drawn plan contains a photo of the project, a list of materials, drawings, and instructions. Each light is about 20 inches tall, 10 inches wide, and 5 inches deep. One plan costs $14.95; additional plans are $13 each. Prices include shipping, handling, and tax.

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"I believe in sharing my garden," says Ja Mendelson of St. Louis. "This is corner lot, and people are alway coming by to see what is growing and blooming. I t to plant on both sides of the fence and I purposely have a gate that you can look ove and through. It is fun to get people comments and t have them come and visit."

Garden gates—much like the essayist and cartoonist James Thurber—have their own personal, and sometimes peculiar, way of saying, "My world, and welcome to it." Your gate, like your garden, also says something about you. And, as you can see by the personalities inherent in these particular gates, a gate does not have to say, "Keep out."

continued on page 150



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ee important information about ZYRTEC 5-mg and 10-mg tablets and 1-mg/mL syrup on the adjacent page

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BRIEF SUMMARY ZYRTEC® (CETIRIZINE HYDROCHLORIDE) TABLETS AND SYRUP FOR ORAL USE
(FOR FULL PRESCRIBING INFORMATION, CONSULT PACKAGE INSERT)

CONTRAINDICATIONS ZYRTEC is contraindicated in those patients with a known hypersensitivity to it or any of its ingredients or hydroxyzine. **PRECAUTIONS Activities Requiring Mental Alertness:** In clinical trials, the occurrence of somnolence has been reported in some patients taking ZYRTEC; due caution should therefore be exercised when driving a car or operating potentially dangerous machinery. Concurrent use of ZYRTEC with alcohol or other CNS depressants should be avoided because additional reductions in alertness and additional impairment of CNS performance may occur. **Drug-Drug Interactions:** No clinically significant drug interactions have been found with theophylline at a low dose, antihistamine, pseudoephedrine, ketoconazole or erythromycin. There was a small decrease in the clearance of cetirizine caused by a 400-mg dose of theophylline; it is possible that larger theophylline doses could have a greater effect. **Carcinogenesis, Mutagenesis and Impairment of Fertility:** In a 2-year carcinogenicity study in rats, cetirizine was not carcinogenic at dietary doses up to 20 mg/kg (approximately 15 times the maximum recommended daily oral dose in adults on a mg/m² basis, or approximately 10 times the maximum recommended daily oral dose in children on a mg/m² basis). In a 2-year carcinogenicity study in mice, cetirizine caused an increased incidence of benign liver tumors in males at a dietary dose of 16 mg/kg (approximately 6 times the maximum recommended daily oral dose in adults on a mg/m² basis, or approximately 4 times the maximum recommended daily oral dose in children on a mg/m² basis). No increase in the incidence of liver tumors was observed in mice at a dietary dose of 4 mg/kg (approximately 2 times the maximum recommended daily oral dose in adults on a mg/m² basis, or approximately equal to the maximum recommended daily oral dose in children on a mg/m² basis). The clinical significance of these findings during long-term use of ZYRTEC is not known. Cetirizine was not mutagenic in the Ames test and not clastogenic in the human lymphocyte assay, the mouse lymphoma assay, and in vivo micronucleus test in rats. In a fertility and general reproductive performance study in mice, cetirizine did not impair fertility at an oral dose of 64 mg/kg (approximately 25 times the maximum recommended daily oral dose in adults on a mg/m² basis). **Pregnancy Category B:** In mice, rats, and rabbits, cetirizine was not teratogenic at oral doses up to 96, 225, and 135 mg/kg, respectively (approximately 40, 180 and 220 times the maximum recommended daily oral dose in adults on a mg/m² basis). There are no adequate and well-controlled studies in pregnant women. Because animal studies are not always predictive of human response, ZYRTEC should be used in pregnancy only if clearly needed. **Nursing Mothers:** In mice, cetirizine caused retarded pup weight gain during lactation at an oral dose in dams of 96 mg/kg (approximately 40 times the maximum recommended daily oral dose in adults on a mg/m² basis). Studies in beagle dogs indicated that approximately 3% of the dose was excreted in milk. Cetirizine has been reported to be excreted in human breast milk. Because many drugs are excreted in human milk, use of ZYRTEC in nursing mothers is not recommended. **Geriatric Use:** Of the total number of patients in clinical studies of ZYRTEC, 186 patients were 65 years and older, and 39 patients were 75 years and older. No overall differences in safety were observed between these patients and younger patients, but greater sensitivity of some older individuals cannot be ruled out. With regard to efficacy, clinical studies of ZYRTEC for each approved indication did not include sufficient numbers of patients aged 65 years and older to determine whether they respond differently than younger patients. ZYRTEC is known to be substantially excreted by the kidney, and the risk of toxic reactions to this drug may be greater in patients with impaired renal function. Because elderly patients are more likely to have decreased renal function, care should be taken in dose selection, and it may be useful to monitor renal function. **Pediatric Use:** The safety of ZYRTEC, at daily doses of 5 or 10 mg, has been demonstrated in 376 pediatric patients aged 6 to 11 years in placebo-controlled trials lasting up to four weeks and in 254 patients in a non-placebo-controlled 12-week trial. The safety of cetirizine has been demonstrated in 168 patients aged 2 to 5 years in placebo-controlled trials of up to 4 weeks duration. On a mg/kg basis, most of the 168 patients received between 0.2 and 0.4 mg/kg of cetirizine HCl. The effectiveness of ZYRTEC for the treatment of seasonal and perennial allergic rhinitis and chronic idiopathic urticaria in pediatric patients aged 2 to 11 years is based on an extrapolation of the demonstrated efficacy of ZYRTEC in adults in these conditions and the likelihood that the disease course, pathophysiology and the drug's effect are substantially similar between these two populations. The recommended doses for the pediatric population are based on cross-study comparisons of the pharmacokinetics and pharmacodynamics of cetirizine in adult and pediatric subjects and on the safety profile of cetirizine in both adult and pediatric patients at doses equal to or higher than the recommended doses. The cetirizine AUC and C_{max} in pediatric subjects aged 2 to 5 years who received a single dose of 5 mg of cetirizine syrup and in pediatric subjects aged 6 to 11 years who received a single dose of 10 mg of cetirizine syrup were estimated to be intermediate between that observed in adults who received a single dose of 10 mg of cetirizine tablets and those who received a single dose of 20 mg of cetirizine tablets. The safety and effectiveness of cetirizine in pediatric patients under the age of 2 years have not yet been established. **ADVERSE REACTIONS** Controlled and uncontrolled clinical trials conducted in the United States and Canada included more than 6000 patients aged 12 years and older, with more than 3900 receiving ZYRTEC at doses of 5 to 20 mg per day. The duration of treatment ranged from 1 week to 6 months, with a mean exposure of 30 days. Most adverse reactions reported during therapy with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in patients receiving ZYRTEC 5 or 10 mg was not significantly different from placebo (2.9% vs. 2.4%, respectively). The most common adverse reaction in patients aged 12 years and older that occurred more frequently on ZYRTEC than placebo was somnolence. The incidence of somnolence associated with ZYRTEC was dose related, 6% in placebo, 11% at 5 mg and 14% at 10 mg. Discontinuations due to somnolence for ZYRTEC were uncommon (1.0% on ZYRTEC vs. 0.6% on placebo). Fatigue and dry mouth also appeared to be treatment-related adverse reactions. There were no differences by age, race, gender or by body weight with regard to the incidence of adverse reactions. Table 1 lists adverse experiences in patients aged 12 years and older which were reported for ZYRTEC 5 and 10 mg in controlled clinical trials in the United States and that were more common with ZYRTEC than placebo. **Table 1. Adverse Experiences Reported in Patients Aged 12 Years and Older in Placebo-Controlled United States ZYRTEC Trials (Maximum Dose of 10 mg) at Rates of 2% or Greater (Percent Incidence) ZYRTEC (N=2034) Placebo (N=1612) respectively:** Somnolence (13.7 vs 6.3) Fatigue (5.9 vs 2.6) Dry Mouth (5.0 vs 2.3) Pharyngitis (2.0 vs 1.9) Dizziness (2.0 vs 1.2). In addition, headache and nausea occurred in more than 2% of the patients, but were more common in placebo patients. Pediatric studies were also conducted with ZYRTEC. More than 1300 pediatric patients aged 6 to 11 years with more than 900 treated with ZYRTEC at doses of 1.25 to 10 mg per day were included in controlled and uncontrolled clinical trials conducted in the United States. The duration of treatment ranged from 2 to 12 weeks. Placebo-controlled trials up to 4 weeks duration included 168 pediatric patients aged 2 to 5 years who received cetirizine, the majority of whom received single daily doses of 5 mg. The majority of adverse reactions reported in pediatric patients aged 2 to 11 years with ZYRTEC were mild or moderate. In placebo-controlled trials, the incidence of discontinuations due to adverse reactions in pediatric patients receiving up to 10 mg of ZYRTEC was uncommon (0.4% on ZYRTEC vs. 1.0% on placebo). Table 2 lists adverse experiences which were reported for ZYRTEC 5 and 10 mg in pediatric patients aged 6 to 11 years in placebo-controlled clinical trials in the United States and were more common with ZYRTEC than placebo. Of these, abdominal pain was considered treatment-related and somnolence appeared to be dose-related, 1.3% in placebo, 1.9% at 5 mg and 4.2% at 10 mg. The adverse experiences reported in pediatric patients aged 2 to 5 years in placebo-controlled trials were qualitatively similar in nature and generally similar in frequency to those reported in trials with children aged 6 to 11 years. **Table 2. Adverse Experiences Reported in Pediatric Patients Aged 6 to 11 Years in Placebo-Controlled United States ZYRTEC Trials (5 or 10 mg Dose) Which Occurred at a Frequency of ≥ 2% in Either the 5-mg or the 10-mg ZYRTEC Group, and More Frequently Than in the Placebo Group. ZYRTEC 5 mg (N=161), 10 mg (N=215) vs placebo (N=309):** Headache (11.0% 5 mg, 14.0% 10 mg, 12.3% placebo); Pharyngitis (6.2% 5 mg, 2.8% 10 mg, 2.9% placebo); Abdominal pain (4.4% 5 mg, 5.6% 10 mg, 1.9% placebo); Coughing (4.4% 5 mg, 2.8% 10 mg, 3.9% placebo); Somnolence (1.9% 5 mg, 4.2% 10 mg, 1.3% placebo); Diarrhea (3.1% 5 mg, 1.9% 10 mg, 1.3% placebo); Epistaxis (3.7% 5 mg, 1.9% 10 mg, 2.9% placebo); Bronchospasm (3.1% 5 mg, 1.9% 10 mg, 1.9% placebo); Nausea (1.9% 5 mg, 2.8% 10 mg, 1.9% placebo); Vomiting (2.5% 5 mg, 2.3% 10 mg, 1.0% placebo). The following events were observed infrequently (less than 2%), in either 3982 adults and children 12 years and older or in 659 pediatric patients aged 6 to 11 years who received ZYRTEC in U.S. trials, including an open adult study of six months duration. A causal relationship of these infrequent events with ZYRTEC administration has not been established. **Autonomic Nervous System:** anorexia, flushing, increased salivation, urinary retention. **Cardiovascular:** cardiac failure, hypertension, palpitation, tachycardia. **Central and Peripheral Nervous Systems:** abnormal coordination, ataxia, confusion, dysphonia, hyperesthesia, hyperkinesia, hypertonia, hypoesthesia, leg cramps, migraine, myelitis, paralysis, paresthesia, ptosis, syncope, tremor, twitching, vertigo, visual field defect. **Gastrointestinal:** abnormal hepatic function, aggravated tooth caries, constipation, dyspepsia, eructation, flatulence, gastritis, hemorrhoids, increased appetite, melena, rectal hemorrhage, stomatitis including ulcerative stomatitis, tongue discoloration, tongue edema. **Genitourinary:** cystitis, dysuria, hematuria, micturition frequency, polyuria, urinary incontinence, urinary tract infection. **Hearing and Vestibular:** deafness, earache, ototoxicity, tinnitus. **Metabolic/Nutritional:** dehydration, diabetes mellitus, thirst. **Musculoskeletal:** arthralgia, arthritis, arthrosis, muscle weakness, myalgia. **Psychiatric:** abnormal thinking, agitation, amnesia, anxiety, decreased libido, depersonalization, depression, emotional lability, euphoria, impaired concentration, insomnia, nervousness, paroniria, sleep disorder. **Respiratory System:** bronchitis, dyspnea, hyperventilation, increased sputum, pneumonia, respiratory disorder, rhinitis, sinusitis, upper respiratory tract infection. **Reproductive:** dysmenorrhea, female breast pain, intermenstrual bleeding, leukorrhea, menorrhagia, vaginitis. **Reticuloendothelial:** lymphadenopathy. **Skin:** acne, alopecia, angioedema, bullous eruption, dermatitis, dry skin, eczema, erythematous rash, furunculosis, hyperkeratosis, hypertrichosis, increased sweating, maculopapular rash, photosensitivity reaction, photosensitivity toxic reaction, pruritus, purpura, rash, seborrhea, skin disorder, skin nodule, urticaria. **Special Senses:** parosmia, taste loss, taste perversion. **Vision:** blindness, conjunctivitis, eye pain, glaucoma, loss of accommodation, ocular hemorrhage, xerophthalmia. **Body as a Whole:** accidental injury, asthenia, back pain, chest pain, enlarged abdomen, face edema, fever, generalized edema, hot flashes, increased weight, leg edema, malaise, nasal polyp, pain, pallor, periorbital edema, peripheral edema, rigors. Occasional instances of transient, reversible hepatic transaminase elevations have occurred during cetirizine therapy. Hepatitis with significant transaminase elevation and elevated bilirubin in association with the use of ZYRTEC has been reported. In foreign marketing experience the following additional rare, but potentially severe adverse events have been reported: anaphylaxis, cholestasis, glomerulonephritis, hemolytic anemia, hepatitis, orofacial dyskinesia, severe hypotension, stillbirth, and thrombocytopenia. **DRUG ABUSE AND DEPENDENCE** There is no information to indicate that abuse or dependency occurs with ZYRTEC. **OVERDOSAGE** Overdosage has been reported with ZYRTEC. In one adult patient who took 150 mg of ZYRTEC, the patient was somnolent but did not display any other clinical signs or abnormal blood chemistry or hematology results. In an 18-month-old pediatric patient who took an overdose of ZYRTEC (approximately 180 mg), restlessness and irritability were observed initially, this was followed by drowsiness. Should overdose occur, treatment should be symptomatic or supportive, taking into account any concomitantly ingested medications. There is no known specific antidote to ZYRTEC. ZYRTEC is not effectively removed by dialysis, and dialysis will be ineffective unless a dialyzable agent has been concomitantly ingested. The acute minimal lethal oral doses were 237 mg/kg in mice (approximately 95 times the maximum recommended daily oral dose in adults on a mg/m² basis, or approximately 55 times the maximum recommended daily oral dose in children on a mg/m² basis) and 562 mg/kg in rats (approximately 460 times the maximum recommended daily oral dose in adults on a mg/m² basis, or approximately 270 times the maximum recommended daily oral dose in children on a mg/m² basis). In rodents, the target of acute toxicity was the central nervous system, and the target of multiple-dose toxicity was the liver.

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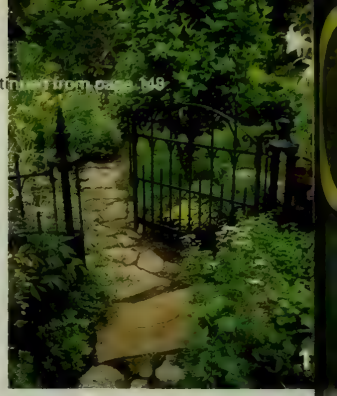
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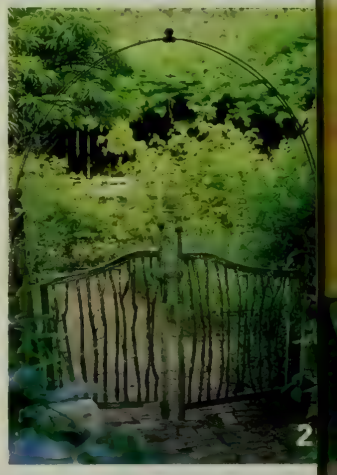
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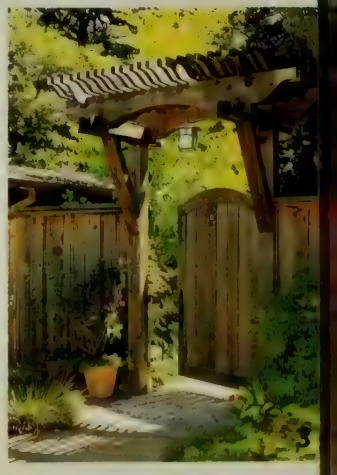
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1. Kansas City gardener Dodo Denny found this iron gate in a friend's basement and installed it in her backyard to keep the dog away from a favored flower bed. She laid the fieldstone path herself. The stone is concentrated around the gate before petering out on both sides. This way, the approach to the gate, which stands in the shade of a Forest Pansy redbud is informal, but never muddy.



2. Furnituremaker and artist Tommy Simpson made this twig gate for the garden he digs in with his wife, Missy. "It was the easiest possible gate to make," Tommy says. The gate (and matching fence) is not only lightheartedly handsome, but functional as well. The quirky fixture keeps deer out of the mixed vegetable and flower garden raised beds at their Washington, Connecticut, home.



3. This Craftsman-influenced redwood and cedar gate welcomes Deborah Slater back home every evening. "I walk in the gate, I exhale, and I'm home," says Deborah, who gardens in Sausalito, California. "I always joke with people who come in with me, saying, 'Welcome to paradise.' The whole yard makes me happy."

continued on page 152

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continued from page 150



1. Charlie Robinson designed this ceremonial gate as a gift to his wife, Barbara. She asked for a certain garden something to echo the scrollwork of her nearby greenhouse. The gate's clean lines are made even more so by its lack of a latch. A loaded spring shuts the gate behind you as you enter their formal garden in Washington, Connecticut. Charlie also has built ornamental vine poles, bridges, arbors, and outbuildings.

2. Luanne and Edwin Bradley's 1923 house and established garden were quite charming, but the couple decided the structure needed a little help. This whitewashed gate and arbor (they're built from a kit) at the side yard complement the architecture of the English cottage-style house in San Francisco and provide an inviting feeling and a framed view. They plan to cover the arch in potato vine and climbing roses.

3. Sheryll and Harry Jackman thought their venerable cottage in Coronado, California, felt too exposed until they added this graceful gate-and-arbor combination. "We wanted to create a more pleasing exterior in keeping with the character of the house," says Sheryll. The scarlet climbing rose China creates a flowering entry arch.

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NEITHER RAIN, NOR SLEET, NOR BIRD...

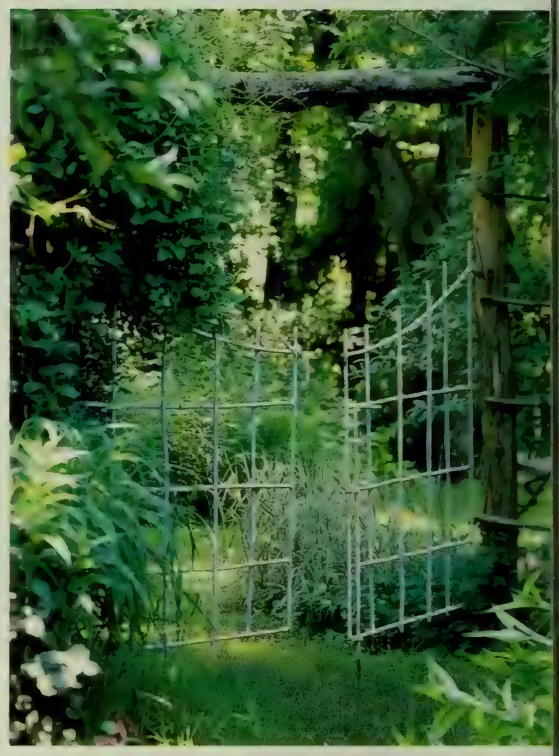
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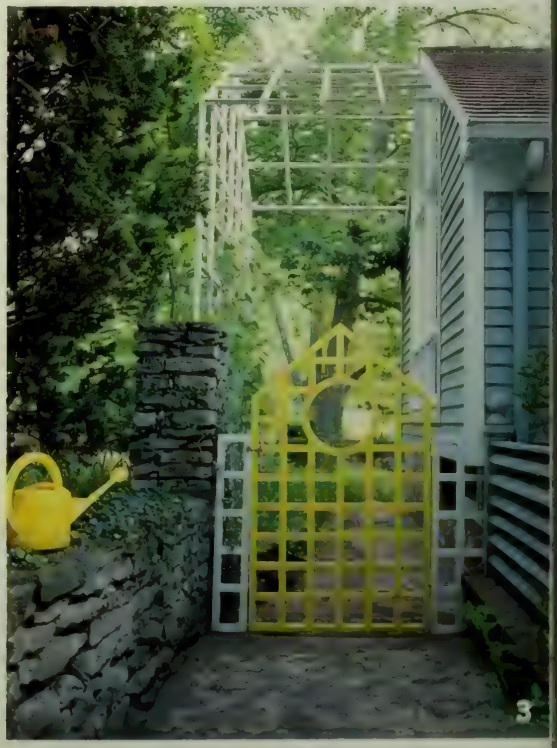


1. Metal artist Bob Keating made this simple gate and then audaciously painted it aquamarine. A round clasp easily dropped over the two uprights at the center keeps it closed, but, he says, "a garden gate is meant to be opened." Bob built this one at his home in Bridgewater, Connecticut, wide enough to easily get a wheelbarrow, lawn mower, or tractor through—"or the local high school marching band."

2. Gretchen and Ron Hayhurst jackhammered their front sidewalk so it could be relaid stonelike in a gravel and sand base. Then came the 4×4 pillars and airy metal gate—*sans* fence. Where before it was "like an airport runway," says Gretchen, now it is "more gardeny. The UPS man left me a note: 'Great job on the walkway.' " The gate, she says, is painted "Gretchen's custom green."

3. Constance and Ray Beagle salt their Kansas City garden with yellow flowers to pick up the hues of their brightly colored gate. The custom gate and roof-tall arbor are situated between the house and a limestone pillar. And see the round hole in the gate? Says Constance, "One day when we were sitting out here, a wren flew right through it."





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Better Homes and Gardens BOOKS

by
Mark Kane



sterling Silver

Soft or bold, splashy or neighborly, silver has a knack for fitting in *and* standing out. Cram all the colors you can into a pot and then trust dusty-miller (*above*) to hold the ensemble together. Or set silver apart to make an accent. With silver, just one plant in the right spot—or pot—will persuade you that your yard deserves sterling.







Silver makes an accent. Plants with silver leaves come in many shades, from the silver-dusted green of oat grass (*photo 5*) to the sterling silver of artemisia Silver Brocade (*photo 2*). The brightest and palest make eye-catching accents in the landscape, especially the ones that also have distinctive shapes and sizes. Just one Scotch thistle (*photo 1*) at full size will add a note of conspicuous whimsy to any place in the yard, from the front walkway to the back beds. Or put Silver Brocade at a turn in a path and see how it draws your eye. Oat grass too. Its color stands out against any background; its shape—a spiky fan—contrasts with the mounded silhouettes that fill most gardens. Unlike some grasses, its leaves stay fresh-looking from spring through fall.





Strangely silver
cotch thistle
nnual) grows
ead high, with a
ape that shouts
r attention.

Light blanket
lver Brocade
erennial), an
ch-high
temisia, spreads
feet wide by
idsummer.

Shrubby Silver
lound (perennial),
nother artemisia,
akes an 18-inch-
ll soft dome.

Solid white
now-in-summer
erennial) creeps
idely and stays
nder 6 inches.
t the peak of
oom, the flowers
ake a solid drift.

Silver-dusted
lue oat grass
erennial) spreads
s vivid fan, with
ardy geranium in
ont and lythrum
bloom behind.



1. Ferny leaves
Moonshine is a yarrow (perennial) that blooms with 2-foot stems of sulfur flowers.

2. Silver-blue onion
The wide leaves of karataviense onion (hardy bulb) blush silver. The bloom is 3 inches across.

3. In Florida too
Bismarck palm (evergreen) brightens an already bright bed at Fairchild Gardens in Coral Gables, Florida.

4. Silver flannel
Lamb's-ears (perennial) beg to be touched. The fine hairs that cover the leaves reflect so much light that they turn silver.

continued on page 162

Silver brightens green. When you place silver plants among green neighbors, like the thyme and veronica that bracket a ferny yarrow (*photo 1*), the nearby greens look more vivid and more varied. See how the thyme has a touch of blue in its tiny leaves? How the veronica's leaves are pure green? Colors play off one another so the yarrow looks richer and the blue of the veronica flowers appears to be a deeper shade too.

Silver creates special effects for three reasons. First, because it breaks the monopoly of green. Second, because it's a rare color in nature. Third, because it's bold and soft at the same time.







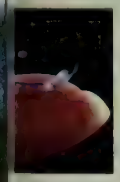


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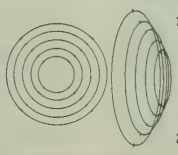
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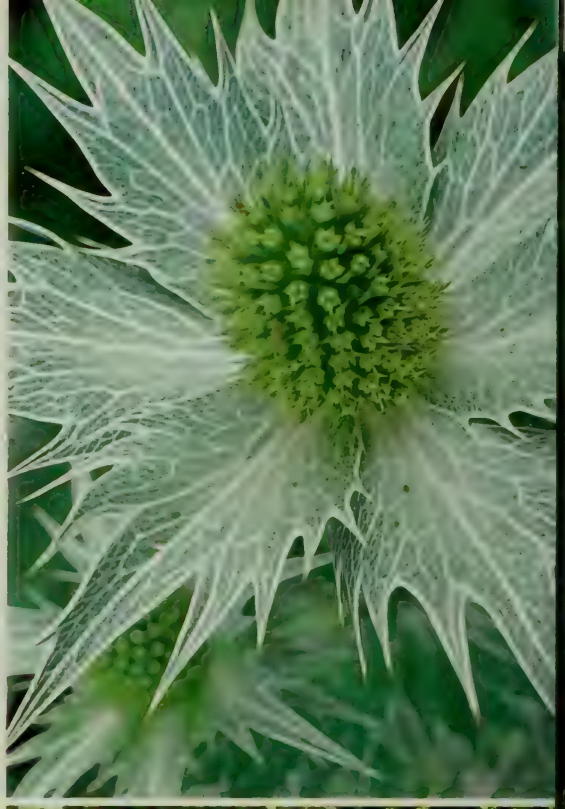
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Sterling Silver

continued from page 160







1. In combination
Wiry stems lift the purple flowers of Verbena bonariensis (annual) above a silver sea of artemisia Powis Castle (perennial) at Longwood Gardens in Pennsylvania.

2. Thistle look-alike
Miss Wilmott's Ghost (perennial) is a sea holly with a 2-foot stem of flowers. It returns for years, but beware: It can plague the garden with seedlings.

3. One for the pot
Helichrysum Moonlight (annual) graces a pot by weaving through neighbors and spilling over.

continued on page 164



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Sterling Silver

continued from page 162

Silver marks an edge. Every yard has edges—along the path to the front door or where the flower bed meets the lawn or the patio—and most of those edges are candidates to be made visible and lively with low, silver-leaved plants. However, be careful about accidentally creating an outline that looks stiff and severe because it's precisely the same width from end to end and the plants look rigidly spaced, like soldiers at attention. Choose plants that spill a little, such as artemisia Powis Castle and artemisia Silver Mound, or plants that spread, such as the low artemisia Silver Brocade. The most widely planted of all edgers is lamb's-ears (*right*). It's soft but vivid, and it also wanders gracefully even if you set out the young plants in a strict row.



1. Informal edge
Lamb's-ears in a meandering band mark the line where the lawn meets the garden. Black-eyed Susan rises two feet tall in the background and covers itself with 2-inch daisies. The touch of purple in the middle ground is the long-blooming Aster frikartii Monch, a perennial.

continued on page 166



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1. For dry gardens
The fleshy leaves of a native agave (tender perennial) use silver to fend off desert sunlight. In a pot or in the ground, bring this one indoors for the winter; cold kills it.

2. Silver needles
Blue spruce (evergreen tree) is a native of the Rockies and ranges from blue-green to near-silver. It dislikes heat and humidity.

3. Soft artemisia
Delicate, fernlike Powis Castle (perennial) fronts a swath of silver sage below a striped cordyline, which is usually a houseplant.

continued on page 168

ha Mandel, 50

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Sterling Silver

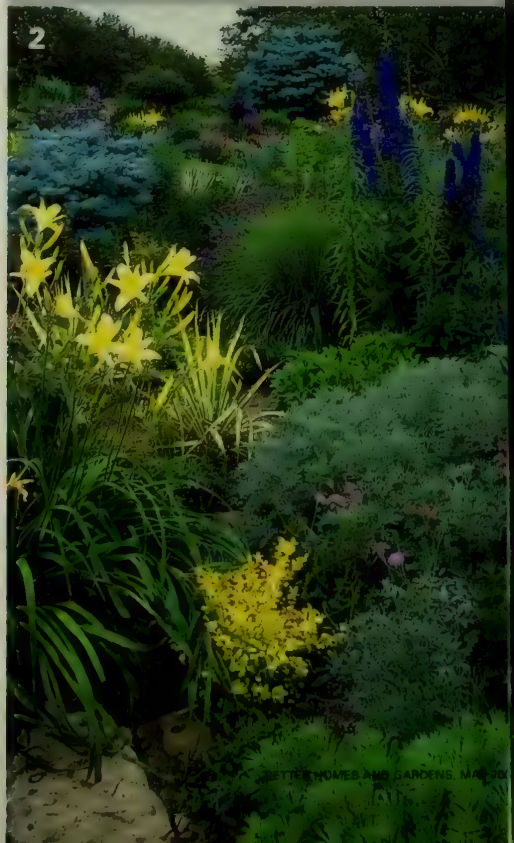
continued from page 160

1. Silver year-round Silberlocke, a variety of Korean fir (evergreen tree), looks frosted because its needles curl in a half-circle to reveal their silver undersides.

2. A gardenful Vivid and soft, Karen Strohbeen's garden in Iowa mingles the deep blue of delphiniums with the yellow of daylilies. Silver helps weave the tapestry, thanks to artemisia (*middle right*) and rue (*right front*).

Buying information, page 134

Silver soothes. Silver is a peacemaker in the garden, letting you mix colors together that might otherwise strain the eye or overwhelm the quieter parts of your yard. In short, you can stretch a bit. In this artful garden (*photo 2*), with its lovely variety of flowers, leaves, textures, and shapes, see how the silver of the artemisias and spruces add a soothing and softening effect to the scene.



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considerable containers

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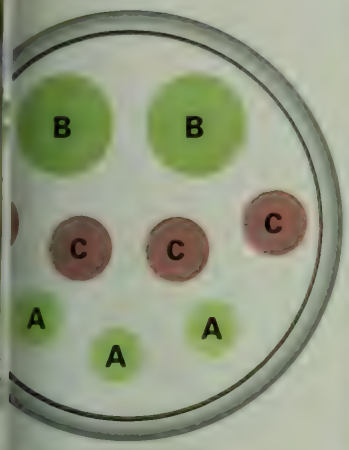
OK, off to Swarthmore College, where horticulturist Andrew Bunting and his crew of interns grace the campus with some 120 containers every year. Andrew says his designs often begin at the garden center, where he assembles plants side by side to discover new combinations. His advice? Look at everything. Sure, you'll start with annuals for flowers and colorful leaves (*above*), but try indoor plants and the new garden tropicals, such as elephant's ear. Andrew even stops at roadside stands. "It's fun to find a great plant where you'd least expect it."

To order a book on container gardening, see page 144

by Mark Kane



Ginger shoots in a tall thicket lean over a cascading sweet potato and a dark coleus (*left*). A trio of indoor plants (*right*) moves outdoors happily and thrives in the extra sun.

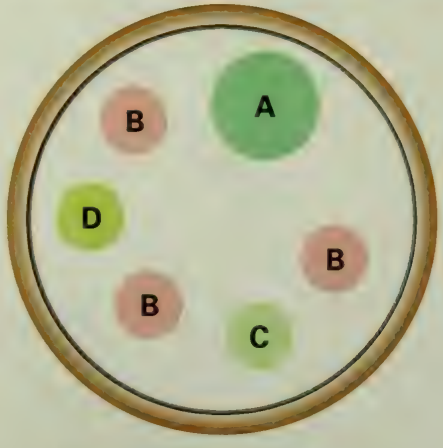


Ginger in the center. **30-inch pot.**
A. Sweet potato Margarite.
A chartreuse trailing vine.
B. Hedychium coronarium.
A tall, flowering ginger.
C. Coleus Dark Heart.



oor plants outdoors. **16-inch pot.** ►
Dracaena fragrans Lemon Lime.
ountain of striped leaves.
Hoffmannia Strawberry Splash.
sters of red flowers.
Iresine herbstii Brilliantissima. Three
t and taller, with red leaves.





▲ **Big and tropical. 30-inch pot.**

A. Colocasia Illustris. Big, dark green leaves with contrasting pale green veins.
B. Euphorbia fulgens. Scarlet plume.
C. Leea amabilis Splendens. Red spots.
D. Pelargonium Vancouver Centennial.



Composed with leaves. 14-inch pot. ►

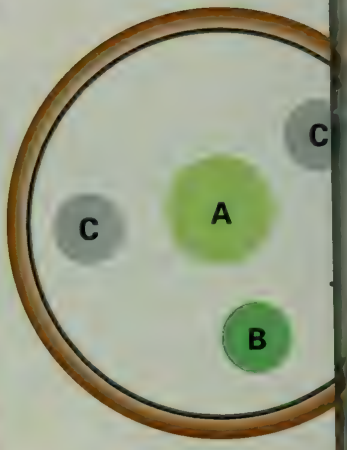
A. Coleus Gold Child. Chartreuse.
B. Coleus Dark Heart.
C. Dianella tasmanica Variegata. Leaves striped green and white.

Elephant's ear tropical bulb, dwarfs a 30-in pot and half hides its companion plants (*above*). Brigh as blooms, the leaves of two coleuses (*righ* contrast richly separate layer as Dianella pokes out its green and whi leaves.



considerable
containers

Trained to one stem, Flower Carpet rose stands tall above a froth of bright leaves (*left*). A pot of water (*right*) makes an easy, small pond. The red-leaved canna contrasts vividly with the green parasols of the lotus.



◀ **Rising rose. 16-inch pot.**
A. Rosa Flower Carpet. Tra
one tall stem and branches
B. Plectranthus forsteri Va
A two-tone annual relative
C. Artemisia Huntingdon.
feathery, and perennial. M
garden in late fall.



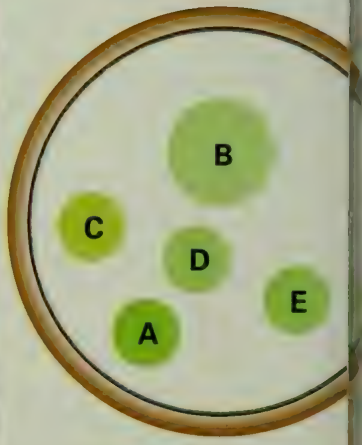
A pond in a pot. 24-inch pot. ▶
A. Nelumbo lutea. A lotus wit
leaves on tall, slender stalks.
B. Myriophyllum aquaticum.
feather. A floating plant that w
of a pot, as it does here.
C. Canna Red Stripe. Tall, with
leaves. Grows in water or the
D. Ruellia malacosperma. To
E. Hymenocallis, spider lily. A







Andrew Bunting likes small pots too (*above*). The yellow bloom is a zebra plant, mingling with nerve plants. He chose these houseplants and those *at left* by eye, browsing at garden centers.



Mostly houseplants. 16-inch pot.
A. Blechnum gibbum. An indoo
hard fern.
B. Homalocladium platycladun
A tall houseplant with curiously
flattened stems and branches.
C. Coleus Mars. A dark annual.
D. Alocasia Hilo Beauty. Elepha
ear with variegated leaves.
E. Ficus pumila Variegata.
Creeping fig, a houseplant.

Q:

Which one's fitter than ever, changed its name, and doesn't bark?

a.



b.



c.



d.



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family matters

A day at the beach isn't just fun and games for the busy Conroy clan. With four kids and a boatload of cousins who live nearby, there's always something happening. At the center of all this frantic energy is a casual coastal home designed to handle a hard day's play.



by
Joseph Boehm
and
Kristine Kennedy



The living room at first appears off-limits to little ones, but there are few things to break or knock over. Interior designer Judy King, who helped with the house, suggests that young families begin with a strong foundation of colors and fabrics, then fill in with finer accessories when the kids are older. The family room's denim sectional (*right*) is virtually indestructible.



Despite hectic lives—Barbara and Kevin own a seafood restaurant, fish market, and country store—family comes first for this Connecticut couple. Their four children—Will, 10; Jack, 7; Henry, 6; and Grace, 3—keep them hopping. Plus,



their extended families live within five miles. "We see each other constantly," Kevin says.

Committed to staying in their hometown of Rowayton, a small coastal community with an easy commute to Manhattan, the Conroys needed to make their 1920s beach cottage live big. An addition to the back of the house provided the necessary elbowroom. Cottage architecture and a traditional-yet-casual decorating style help blend the old parts of the house with the new. While the home's simple, airy look facilitates an active and unpretentious lifestyle, the Conroys are more focused on people than on things, Barbara says. "The spirit of the home and the love in the house are what I like about it—otherwise it's just wood."





The kitchen is utilitarian—simple and white. Yet the room escapes monotony because the white is interrupted by wheat-yellow walls, a checkerboard backsplash, and colorful dishes displayed in glass-front cabinets. The family spends most of its indoor time hanging out in the kitchen, which is open to the breakfast area and family room. Kids eat their meals and do their homework at the island, where Mom and Dad can keep an eye on them.





Small bursts of color—on a tile backsplash and checked seat cushions—brighten the mostly white kitchen. The floor (*top left*) is covered in 12-inch blue-and-green diamonds. In the breakfast area (*lower left*), a custom banquette, made to fit the primitive table, is covered in a pastel kilim.



Barbara desired a more romantic look in the master bedroom, where an antique iron bed provides the focal-point flourish. The bed, iron chandelier, and lamp all have distressed finishes, which harmonize with the primitive pieces used throughout the house. Painted surfaces also play a primary role in this room. In addition to beach-inspired seafoam green walls, painted scrolls adorn the tray ceiling and a painted heirloom American chest graces the foot of the bed.





The master bedroom is a little bit French country and a little bit California casual. A smart mix of fabrics keeps the frill factor toned down. Barbara first settled on the floral fabric used for the curtains and table cover, which proved to be just enough pattern for the room. White bedding and loose-fitting slipcovers on the club chair and ottoman look crisp against the green walls, and keep the room light. Though the bedding lacks color, the texture of the matelassé coverlet adds interest.

Because the whirlpool tub in the master bath (*above*) is so big, any elaborate decoration would have made the room seem overwhelming. The Conroys kept the look clean with all-white cabinets, countertop, and ceramic tiles on the tub surround and backsplash. Plantation shutters, used in 80 percent of the rooms, are unfussy and easy to open and close. The room's slight decorative detail comes in the sunny striped wallpaper and the fanciful fish knobs on the cabinets. These youthful touches are appropriate, because the kids use this big-tub bathroom more than their own.

Despite its proximity to New York City, Rowayton has managed to retain the feel of a small beach town, with its shingled cottages and stone walls. The sense of belonging the Conroys feel for their coastal community, as well as their commitment to family, is reflected in their home. Barbara carried out the coastal motif subtly through pastel colors, mostly blue and green, as well as shells and copper sea lights. The way the rooms open up to each other is friendly and inviting. "It's a big sense of openness, and warmth, and family," says Kevin of their home. He adds: "On any given day, you're not sure who's coming and who's going." So, the door is always open.









A necessary luxury in today's family home is the mudroom (*above left*), situated between the back door and the kitchen. Each child has a cubby, plus a drawer under the window seat. Striped wallpaper and patterned curtains keep the mudroom cheerful; white woodwork and a brick floor keep it crisp.

The living room risked looking too staid, so the Conroys covered this plantation bench (*above center*) in a graphic fabric that doesn't quite match the rest of the room—thus avoiding a decorator-did-it look. The reversible leaf pattern on the pillows is edged in pompom trim to match the pastels in the drapes and rug.

An old painted French bench (*above right*) also blends nicely with the painted rug. The living room has lots of windows but also long stretches of wall. The graceful wooden benches provide seating without bulk.

After three boys, Kevin and Barbara started thinking about activities baby Grace might enjoy. A playhouse (*top*) nestled into a corner of the white-picketed backyard, has become a favorite place for all the kids to play.

Buying information, page 264



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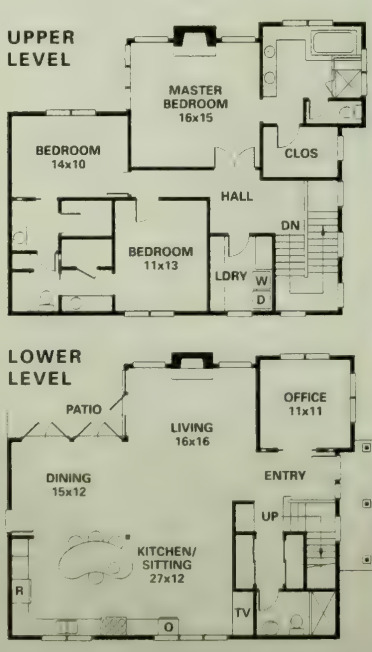


Years of showing homes to prospective buyers left Seattle Realtor Bob Bruneau yearning to build the perfect house for himself. He found a 50×100-foot lot in an older area that was on the rebound, and started sketching plans. The result is an urban-spirited house that would look right at home in most any neighborhood.

by William L. Nolan

After living in townhomes where the main floor "floated" a story above the ground, Bob was ready for a closer connection with the outdoors. "I wanted large openings and a main floor that was level with the outside," he says.

Working with architect Rod Novion, Bob settled on a two-story design that features tall ceilings, industrial-scale windows, and an open-plan main floor. An island and a jogged wall help define the main living areas. "The only separate room on the first floor," he says, "is my home office."

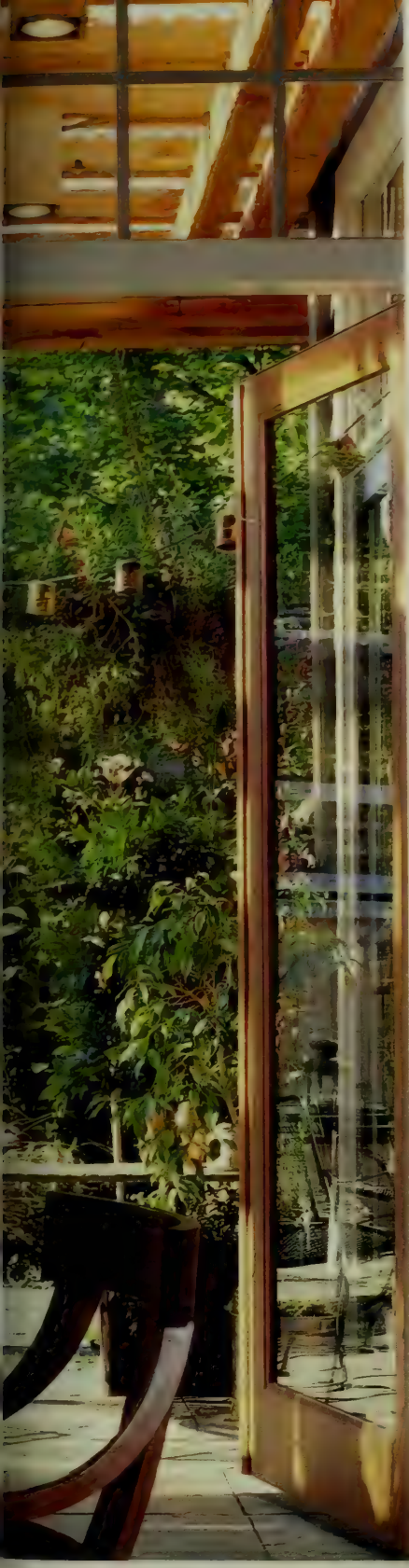




Tall windows reach high beneath the 15-foot ceiling in the main room. The room's airiness is anything but chilly, however. Pools of warm sunshine spill across the floor, and earthy hues add a rich glow to the walls, ceramic tile, and window trim.



Dining alfresco is a daily pleasure even in winter, thanks to a bank of tall glass doors that make the terrace and indoor dining areas seem as one.



Unlike a typical townhouse—the usual solution for a tight urban site—Bob's house offers easy access to the outdoors. Pairs of French doors in the living and dining areas open to a sunny terrace, where a high board fence topped with lattice panels assures privacy from passersby. Visually, the fence functions as the home's outer "wall."

Wide transom windows above the French doors accentuate the extra-high ceilings on the main floor and pull in bonus daylight. Matching transoms on the opposite wall create a ribbon of light in the kitchen.

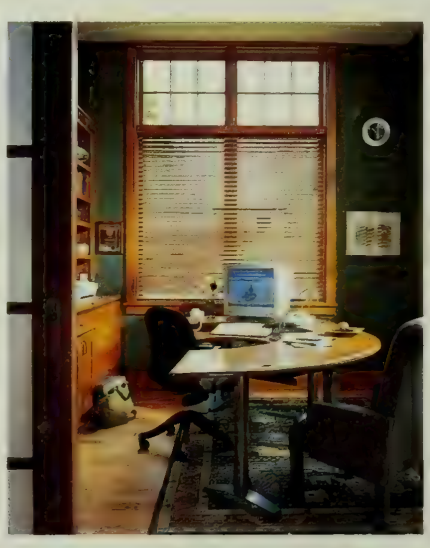


Media gear tucks into a niche near the kitchen island (*near left*). Like the rest of the house, the kitchen (*below*) blends traditional warmth and urban flair. Warm hues on the cabinets add furniturelike elegance, while stainless appliances contribute a techy spin.



To keep tabs on his real-estate business, Bob simply steps across the hall to his office, which is positioned near the front entry so clients won't have to pass through the private areas of the house. Built-ins here match those in the kitchen.

When it's time to slip away to cozier quarters, a double-back staircase in the foyer leads the way to three-suite seclusion upstairs—a master retreat for Bob plus a pair of mini suites, each with a walk-in closet and built-in bath vanity.



Bob's home office (*left*) features two sets of big windows, a wall of built-ins, ample space for a wraparound desk, and comfy seating for clients.

Craftsman-style window trim, beadboard skirting, and wainscoting lend yesteryear charm to the master bath (*below*).





A gas-log fireplace in the master bedroom (*above right*) provides the perfect antidote to Seattle's co damp climate. This fireplace i the one in the living room sh one chimney.





Interior designer Jan Sewell (shown here with Bob) helped him give his new home a cozy, lived-in look.

Rush-hour traffic may be peaking, but sunlit serenity reigns in Bob's courtyardlike outdoor room (*left*). After the sun sets, down-lighting in the pergola's rafters establishes a softer, more intimate mood.

Out front (*below*), hefty square columns on stone piers frame the entry. Lanterns on matching piers flank the stone entry path.



Because his new house provides easy access to the outdoors, he decided to go all out—literally—by hiring a professional landscape designer to give the place an inviting, settled-in feel.

"For the first time in my life," he says, "I employed a landscape company to install the yard and gardens, complete with in-ground watering and lighting." Lush plantings, a cedar pergola, and stone pavers turn his tiny yard into a roomlike outdoor oasis. The pergola is covered with translucent panels, allowing Bob to enjoy the great outdoors even when it rains.

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TORTELLONI DI FIZZANO & MERLOT



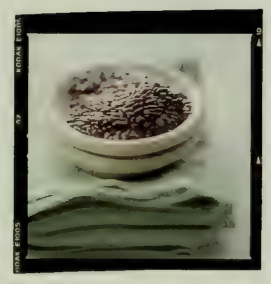
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Bet you never knew that carrot cake and a succulent roast chicken with creamy gravy could be good for you. OK, so they're no match for a tofu patty with a broccoli-juice chaser, but they do include ingredients with healthy attributes. Just heap some of the flavor-fresh ingredients shown *above* into homespun dishes, and watch your family eat happily ever after.

by Jeanne Ambrose



Talk about dangling a carrot in front of your nose. It's pretty much impossible to resist this white, carrot-flecked cake (*top right*), which is nothing like its more traditional spiced cousin. Just one piece is loaded with vitamin A.



The taste of grilled salmon served up with apricot and herbs (*bottom right*) is enough to tempt your family into polishing off a plateful. But there's a bonus: Salmon may offer heart-protecting features.



Count 'em. Forty cloves of garlic—plus onions, for good measure—ooze flavor in this golden-brown chicken (*far right*). Roasting mellows the garlic cloves, making them just right to include in the creamy gravy.

Recipes begin on page 212






pring chicken with garlic galore



Fresh green soybeans are as sweet as the season's first peas and packed with protein and other good things. But it's the yum factor that will convince you to snap up these buttery beans with mint and basil (*top right*).

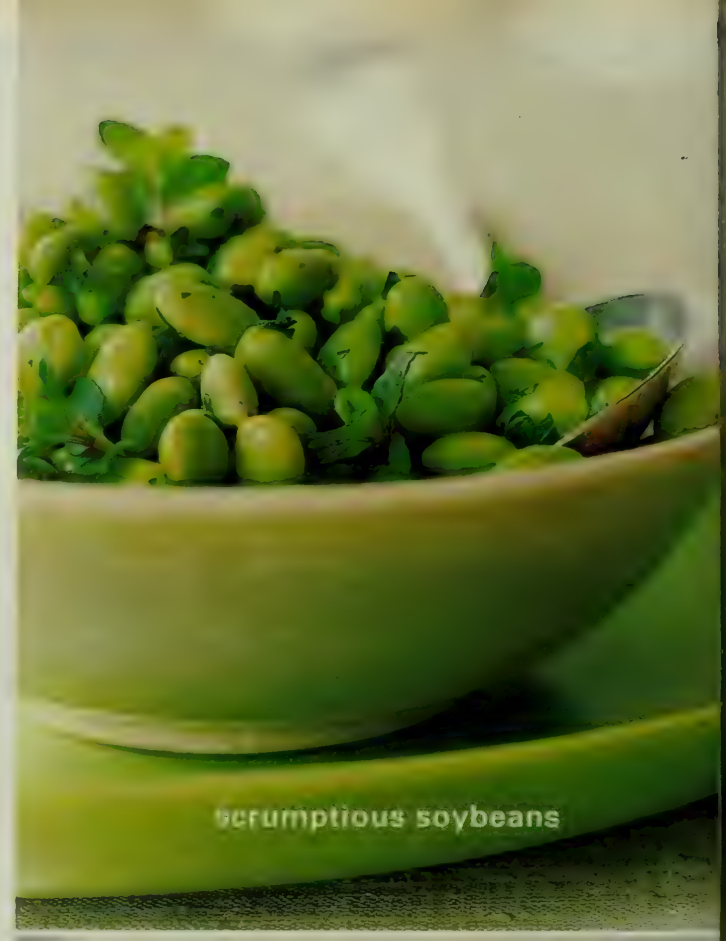


Call it a Popeye special. These wide noodles, speckled with fresh spinach (*bottom right*), are a cinch to make. Tossed in a spinach-onion broth and sprinkled with cheese, the pasta is a treat for the taste buds.



Smoked almonds combined with the rich, smoky flavor of chipotle peppers add a dreamy taste to tender pork (*far right*). One helping probably won't change your life, but nuts do contain compounds that lower cholesterol.

Recipes begin on page 216



scrumptious soybeans



fresh spinach pasta toss


smoky almond pork tende



mounds of mushroom pi



caramelized onion soup



It doesn't get much simpler than th
mushrooms, garlic, herbs, and che
on purchased dough (*top left*). Just
one bite will make you smile. The
plant chemicals in mushrooms ma
keep your immune system happy t



Onion lovers, grab your ladles. The
about a half-pound of onions in eve
serving of this soup (*bottom left*). T
your time cooking the onions—said
lower cholesterol—and you'll be
rewarded with a mellow sweetness

Recipes begin on page 218
continued on page 208



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continued from page 206





You'll get a nutty-tasting crunch from the flaxseeds coating these roll-away delights. The seeds not only boost heart health, they're downright tasty, especially on fresh breadsticks served with honey butter.

Recipe begins on page 220
continued on page 210



at's all the talk about **vitamin E** and almonds? Well, word is, almonds are
ading natural food source of this powerful antioxidant. In fact, just two
ces of tasty almonds a day provides 100% of your RDA of vitamin E.
s, they're **low in saturated fat** and **cholesterol free**. So
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continued from page 208





The tiny yogurt shortcakes make a great solo snack, but they're even yummier buried in a little ol' bowl of blueberries and berry syrup. Some scientists are impressed by blueberries' potential to prevent age-related memory loss. After a taste or two, you'll surely tuck this dessert into your file of unforgettables.

Recipe begins on page 222



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continued from page 210



Confetti Carrot Cake

This show-off gets its glory from sweet spring carrots stirred into buttermilk cake batter. As if that's not enough of a treat, get a load of the big chunks of walnuts and thick lemon icing.

Prep: 25 minutes **Bake:** 30 minutes

- 2 cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ⅛ tsp. salt
- ½ cup shortening
- 1¾ cups sugar
- 1 tsp. vanilla
- 4 egg whites
- 1 cup buttermilk or sour milk*
- 2½ cups shredded carrots
- 1 recipe Thick and Lemony Icing
- 1 cup chopped walnuts
- Walnut halves (optional)
- Carrot curl (optional)

1. Preheat oven to 350° F. Grease and lightly flour two 8x1½-inch or 9x1½-inch round baking pans; set aside. Stir together flour, baking powder, baking soda, and salt; set aside.

2. In a large mixing bowl beat shortening with an electric mixer on medium to high speed for 30 seconds. Add sugar and vanilla; beat until well combined. Add egg whites, one at a time, beating well after each. Add flour mixture and buttermilk alternately to beaten mixture, beating on low speed after each addition until just combined. Using a wooden spoon, fold in carrots, stirring until combined. Divide batter evenly between prepared pans.

3. Bake for 35 to 40 minutes for 8-inch pans or 30 to 35 minutes for 9-inch pans or until a wooden toothpick inserted near center comes out clean. Cool cakes in pans on wire racks for 10 minutes. Remove from pans. Cool thoroughly on racks.

4. Meanwhile, prepare Thick and Lemony Icing. Place one cake layer on serving plate. Spoon about three-fourths of the icing (about ⅔ cup) on top of the first cake layer. Sprinkle with half of the chopped nuts. Place the second cake layer, top side up, on top of the first layer. Spoon remaining icing over cake. Sprinkle with remaining chopped nuts. Add walnut halves and a carrot curl. Makes 12 servings.

Thick and Lemony Icing: In a small bowl combine 3 cups sifted powdered sugar and enough lemon juice (about 3 tablespoons) to make a thick glaze. Makes about 1 cup.

*Note: To prepare sour milk, place 1 tablespoon lemon juice or vinegar in a glass measuring cup. Add enough milk to make 1 cup total liquid; stir. Let stand for 5 minutes.

Nutrition facts per serving: ~~444~~ cal., 15 g total fat (3 g sat. fat), 1 mg chol., 160 mg sodium, 73 g carbo., 2 g fiber, 6 g pro. Daily Values: 128% vit. A, 6% vit. C, 7% calcium, 7% iron.



Salmon with Apricot Sauce

Mellow-flavored salmon contains a type of fat that may protect against heart disease and some cancers. Topping the fish with fruity hot-pepper sauce gives you a happy zap of flavor.

Prep: 25 minutes **Grill:** 6 minutes

- 4 fresh or frozen salmon or halibut steaks, ¾ inch thick (about 1¼ lb.)
- 4 fresh grilled apricots or 8 dried apricot halves
- ½ cup apricot nectar
- ⅓ cup apricot preserves
- 3 Tbsp. sliced green onions
- 1½ tsp. snipped fresh oregano
- ½ tsp. dried oregano, crush
- ⅛ tsp. salt
- Few dashes bottled hot pepper sauce
- 1 Tbsp. olive oil
- 1 to 2 tsp. bottled hot pepper sauce
- Salt and pepper
- Nonstick cooking spray
- Fresh oregano sprigs (optional)

1. Thaw fish, if frozen. Qua
and pit fresh apricots; set aside.
halve the dried apricots; cover
boiling water. Let stand while sa
and fish are being prepared.)

2. For sauce, in a small sauce
combine apricot nectar, preser
green onions, oregano, and
⅛ teaspoon salt. Bring just to boi
stirring frequently; reduce heat.
gently, uncovered, about 8 min
or until sauce thickens slightly.
move from heat; reserve ¼ cup sa
to brush on fish. In a small b
combine remaining sauce, apr
quarters or halves, and a few da
of hot pepper sauce. (If using d
apricots, drain well before addi
Cover sauce and keep warm.

3. In a small bowl stir together
olive oil and 1 to 2 teaspoons bot
hot pepper sauce. Brush both side
fish with the oil mixture. Sprin
fish lightly with salt and pepper.

4. Spray an unheated grill
with cooking spray. Grill salmo
the rack of an uncovered g
directly over medium coals for
9 minutes or until fish just fl
easily, turning once halfway thro
grilling. Brush salmon with
reserved ¼ cup sauce during the
2 to 3 minutes of grilling time.

5. Remove salmon to serving p
ter. Spoon chunky apricot sauce
salmon. Top with oregano spr
Makes 4 servings.

Nutrition facts per serving:
cal., 8 g total fat (1 g sat. fat), 73

continued on page


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Deluxe
EVER FOUND
BIG
IN SLICED
CHEESE.

continued from page 212

chol., 260 mg sodium, 27 g carbo., 2 g fiber, and 29 g pro. Daily Values: 31% vit. A, 12% vit. C, 4% calcium, and 10% iron.



Spring Chicken with Garlic Galore

Garlic gets sweet and mellow when roasted. Squeeze the cloves from their skin, and eat with the chicken or spread on bread.

Prep: 25 minutes **Roast:** 1¼ hours
Stand: 15 minutes

- 3 heads garlic (about 40 cloves)
- 2 Tbsp. olive oil or cooking oil
- 1 Tbsp. snipped fresh lemon thyme, snipped fresh thyme, or 1 tsp. dried thyme, crushed
- 1 tsp. cracked black pepper
- ¼ tsp. salt
- 1 3- to 3½-lb. whole broiler-fryer chicken
- 1 medium onion, cut into wedges
- 2 cups fat-free half-and-half or half-and-half
- 2 Tbsp. all-purpose flour
- 1 tsp. snipped fresh lemon thyme, snipped fresh thyme, or ¼ tsp. dried thyme, crushed
- ¼ tsp. salt
- ⅛ tsp. pepper
- Fresh thyme sprigs (optional)

1. Preheat oven to 375° F. Peel away outer papery leaves from heads of garlic, leaving skin of garlic cloves intact. Separate the cloves. (You should have about 40 cloves.) Peel and mince four of the cloves. Set aside remaining garlic cloves.

2. In a small bowl combine minced garlic with 1 tablespoon of the olive oil, the 1 tablespoon snipped le thyme, the cracked black pepper ¼ teaspoon salt. Rub minced g mixture over chicken.

2. Place six garlic cloves into cavity of the chicken. Tie legs to Twist wing tips under back. P onion wedges and remaining g cloves in the bottom of a sha roasting pan. Drizzle onion and lic with remaining olive oil.

3. Place chicken, breast side u top of the onion wedges and g cloves in roasting pan. Insert thermometer into center o inside thigh muscle. Do not a thermometer tip to touch b Roast, uncovered, for 1¼ 1½ hours or until drumsticks m easily in their sockets and thermometer registers 180° F.

4. Remove chicken from o Using a slotted spoon, remove o wedges and garlic cloves from Reserve two or three onion we for garnish. Cover chicken loc with foil; let stand before carvi

continued on page

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continued from page 214

5. Carefully squeeze 10 cloves of the roasted garlic from skins into a blender container or food processor bowl. Add remaining roasted onion wedges and ¼ cup of the half-and-half. Cover and blend or process the garlic mixture until smooth. Transfer to a small saucepan. Stir in flour. Add remaining half-and-half, the 1 teaspoon fresh thyme, the ¼ teaspoon salt, and ⅛ teaspoon pepper to mixture in saucepan. Cook and stir over medium heat until slightly thickened and bubbly. Cook and stir for 1 minute more.

6. Serve chicken with gravy, remaining roasted garlic cloves, reserved onion wedges, and the fresh thyme sprigs. Makes 6 main-dish servings.

Nutrition facts per serving: 282 cal., 10 g total fat (2 g sat. fat), 67 mg chol., 343 mg sodium, 18 g carbo., 1 g fiber, and 26 g pro. Daily Values: 1% vit. A, 13% vit. C, 10% calcium, and 9% iron.



Scrumptious Soybeans

Find soybeans at major markets or health food stores. They're available fresh or frozen in their pods or shelled. Soy foods contain compounds that may lower cholesterol and reduce the risk of breast and prostate cancers.

Start to finish: 10 minutes

- 2 tsp. butter or margarine
- 3 cups shelled fresh soybean
  frozen soybeans, thawed
- 3 Tbsp. fresh whole small mi
  leaves
- 1 Tbsp. snipped fresh basil

1. In a skillet melt 2 teaspoons
ter or margarine over medium h
Add shelled soybeans to skillet; c
and stir 5 minutes or until ten
Stir in mint, basil, and *salt* to t
Makes 6 side-dish servings.

Nutrition facts per serving:
cal., 7 g total fat (2 g sat. fat), 4
chol., 123 mg sodium, 10 g car
4 g fiber, and 11 g pro. Daily Val
4% vit. A, 28% vit. C, 13% calci
and 15% iron.

Fresh Spinach Pasta Toss

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protects against age-related vi
problems, but also tastes so fres





brothy pasta dish. Try the pasta
a hearty salad and a crusty loaf
ourdough bread.
ep: 35 minutes **Cook:** 8 minutes

recipe Three-Step Homemade Pasta
cup thinly sliced onion
Tbsp. butter or margarine
14½-oz. can chicken broth or vegetable broth
tsp. pepper
cups fresh baby spinach or torn spinach
cup shaved Asiago cheese or Parmesan cheese

1. Prepare Three-Step Homemade Pasta; set aside. In a 4-quart Dutch oven cook onion in butter over medium heat for 7 minutes or until golden brown, stirring frequently. Add broth and pepper. Bring to boiling. Stir in the pasta. Top with spinach. Cook, covered, for 1 to 2 minutes more or until spinach and pasta are tender.

2. To serve, ladle pasta into a bowl. Top with cheese. Makes 4 main-dish servings.

Nutrition facts per serving: 256 cal., 9 g total fat (4 g sat. fat), 69 mg chol., 756 mg sodium, 34 g carbo., 6 g fiber, and 10 g pro. Daily Values: 54% vit. A, 15% vit. C, 12% calcium, and 29% iron.

Three-Step Homemade Pasta

It's easier to make homemade pasta than you may imagine. You don't even need special equipment. It takes



A sharp knife or a pizza cutter is all you need to cut Three-Step Homemade Pasta into nice wide strips.

about half an hour to prepare, which, you'll discover, is time well spent.
Prep: 30 minutes **Stand:** 30 minutes

1⅓ cups all-purpose flour
¼ tsp. salt
1 egg, beaten
¼ cup very finely chopped, well-drained, cooked spinach
2 Tbsp. water
½ tsp. cooking oil or olive oil

continued on page 218

Put more Monte in your Cristo.



Oscar like you've never seen before.™

Oscar Mayer

continued from page 217

1. In a large mixing bowl stir together 1 cup of the flour and the salt. Make a well in the center of the flour mixture. In a small bowl combine the beaten egg, spinach, water, and oil. Add to flour mixture; mix well.

2. Sprinkle kneading surface with the remaining flour. Turn dough out onto floured surface. Knead until dough is smooth and elastic (8 to 10 minutes total). Cover and let the dough rest for 10 minutes.

3. Divide dough in half. On a lightly floured surface, roll each portion into an 11-inch square (about 1/16 inch thick). Let stand, uncovered, about 20 minutes. Cut each portion of dough into 1-inch-wide strips (see photo, *page 217*).

Food processor directions: Place steel blade in food processor bowl. Add flour, salt, egg, and spinach to food processor bowl. Cover and process until mixture forms fine crumbs about the consistency of cornmeal. With the processor running, slowly pour water and oil through the feed tube. Continue processing just until the dough forms a ball. Transfer dough to a lightly floured surface. Cover; let dough rest for 10 minutes. Continue as directed in Step 3, *above*. Makes about ½ pound fresh pasta (4 side-dish servings).



Smoky Almond Pork Tenderloin

Nuts are a tasty source of protein, as well as full of heart-healthy vitamins. They add a great crunch to the tenderloin. Be prepared for a hit of heat from the chipotle peppers.

Prep: 10 minutes **Marinate:** 1 hour
Roast: 25 minutes **Stand:** 15 minutes

- ½ cup guava juice or apple juice
- 2 canned chipotle peppers in adobo sauce, chopped (about 2 Tbsp.)
- 2 Tbsp. honey
- 2 Tbsp. balsamic vinegar
- 1 12-oz. pork tenderloin
- ⅓ cup finely chopped smoked or regular almonds
- 3 cups spring-mix salad greens
- 1 papaya, quartered lengthwise (optional)
- ¼ cup whole and/or chopped smoked almonds or regular almonds

1. In a small bowl combine guava or apple juice, chopped chipotle peppers, honey, and balsamic vinegar. Set aside ⅓ cup of the sauce. Place pork tenderloin in a shallow dish. Spoon the remaining sauce evenly over pork. Cover and refrigerate for 1 to 2 hours, turning pork once.

2. Preheat oven to 425° F. Remove pork from marinade; discard marinade. Coat pork evenly with the ⅓ cup finely chopped almonds. Place pork on a rack in a shallow roasting pan. Insert a meat thermometer so tip of thermometer is in the center of the meat. Roast for 25 to 30 minutes or until thermometer registers 160° F. Cover with foil and let stand 15 minutes before carving meat. Slice tenderloin into ¼-inch-thick slices.

3. To serve, divide greens and slices of pork tenderloin evenly among four plates. Add a papaya quarter to each plate. Stir 2 tablespoons of the remaining whole and/or chopped almonds into the reserved sauce. Drizzle greens and tenderloin slices with reserved sauce. Sprinkle each serving with the remaining almonds. Makes 4 main-dish servings.

Nutrition facts per serving: 346 cal., 17 g total fat (2 g sat. fat), 67 mg chol., 570 mg sodium, 19 g carbo., 3 g fiber, and 29 g pro. Daily Values: 8% vit. A, 14% vit. C, 12% calcium, and 15% iron.



Mounds of Mushroom Pizza

Mushrooms, especially shiita are being scrutinized for their ab to boost the immune system. To with garlic and herbs, the mushro make a tasty topper for a no-fuss p

Prep: 30 minutes **Bake:** 20 minu
Stand: 10 minutes

- 1 16-oz. loaf frozen bread dou thawed
- Milk
- 6 cups sliced fresh mushroom such as shiitake, crimini, an oyster (about 1 lb.)
- ¼ cup snipped fresh herbs, su as oregano, basil, and/or parsley
- 1 clove elephant garlic or 3 cloves regular garlic, chop
- ¼ cup olive oil
- ½ cup shredded provolone cheese
- ¼ tsp. coarse salt or salt

1. Preheat oven to 425° F. Gr a 15x10x1-inch baking pan; set as Roll bread dough on a lightly flou surface to a 15x10-inch rectan Transfer dough to prepared bak pan. Prick dough generously wi fork. Let dough stand for 5 minu Brush with milk. Bake in prehe oven for 10 minutes or until lig browned; let cool about 5 minu

2. In a bowl combine mushroo herbs, and garlic. Drizzle olive over top. Toss to coat. Sprinkle ch over prebaked crust. Top with mu room mixture. Sprinkle with sal

3. Bake for 10 to 12 minutes n or until edges are golden brown pizza is heated through. Makes appetizer servings.

Nutrition facts per serving: cal., 5 g total fat (1 g sat. fat), 2

continued on page


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continued from page 218

chol., 69 mg sodium, 13 g carbo., 0 g fiber, and 4 g pro. Daily Values: 1% vit. A, 1% vit. C, 5% calcium, and 2% iron.



Caramelized Onion Soup

Onions, like garlic, are part of the allium family and rich in plant chemicals that may lower cholesterol and protect against heart disease. The caramelized onions are downright tasty too, which you'll figure out after a slurp or two of this soup.

Prep: 25 minutes **Cook:** 30 minutes

- 3 lb. sweet onions, such as Vidalia, Walla Walla, or Maui
- 3 Tbsp. olive oil, margarine, or butter
- 12 medium shallots, halved (about 12 oz.)
- 4 cups beef broth or reduced-sodium chicken broth
- 2 Tbsp. dry white wine (optional)
- Salt and pepper
- 6 ½-inch-thick slices sourdough or French bread (4 oz.)
- 6 oz. Gouda or Edam cheese, thinly sliced
- Green onion tops (optional)

1. Cut about ½ inch off the tops of three of the whole onions. Peel off the papery outer leaves. Trim the root ends, but leave them intact. Turn one of these onions so it rests on its top. Cut two thin (about ¼-inch) slices from the center of the onion, cutting down from the root end to the onion top (see photo, *above right*). Be careful to keep these slices intact. Repeat with remaining 2 onions to give a total of 6 thin, center-cut onion slices. Set remaining onions aside.

2. In a large skillet, heat 1 tablespoon of the oil or margarine. Carefully add the 6 onion slices in a single layer. Cook, uncovered, over medium heat for 3 to 4 minutes or until golden brown. Turn carefully with a wide metal spatula. Cook about 3 minutes more or until golden brown on second side. Carefully remove from skillet and drain on paper towels.

3. Thinly slice remaining onion portions. Halve and cut remaining whole onions into thin slices. You should have 6 to 7 cups onion slices. In a 4- or 4½-quart Dutch oven, heat the remaining 2 tablespoons oil over medium heat. Stir in the sliced onion and halved shallots. Cook, uncovered, over medium heat for 20 to 25 minutes or until onion is tender,



To create the caramelized onion slices that are shown on top of each serving of soup, start by cutting slices from the centers of the onion, leaving them intact at the root end.

stirring occasionally. Increase heat to medium-high and cook 5 minutes or until onions are golden brown, stirring occasionally.

4. Stir broth and wine, if using, into onions in Dutch oven. Heat through. Season to taste with a little salt and pepper.

5. Meanwhile, place bread slices on rack of broiler pan. Place under broiler, about 4 inches from the heat, about 1 minute or until lightly toasted. Turn bread over; top each piece with a slice of cheese. Broil for 1 to 2 minutes or until cheese just be to melt.

6. To serve, ladle soup into bo Top each with a piece of cheese t Add a caramelized onion slice green onion tops. Makes a 7 cups (6 main-dish servings).

Nutrition facts per serving: cal., 13 g total fat (6 g sat. fat), 3 chol., 998 mg sodium, 41 g ca 4 g fiber, and 14 g pro. Daily Va 17% vit. A, 28% vit. C, 26% calc and 11% iron.



On-the-Seedy-Side Breadstic

Flaxseed, high in protein and fibe available at health food stores specialty markets. Serve the bre sticks with honey butter, made by ring a little honey into softened bu

Prep: 30 minutes **Rise:** 1½ hou **Bake:** 12 minutes

- ⅓ cup flaxseeds
- 3¼ to 3¾ cups all-purpose flour
- 1 pkg. active dry yeast
- 1½ cups warm water (120° to 130° F)
- 2 Tbsp. flax oil or olive oil
- 1 Tbsp. honey or 2 Tbsp. suga
- 1¼ tsp. salt
- 2 to 3 Tbsp. flaxseeds
- Honey butter (optional)

1. Heat a large skillet o medium-low heat. Add the ⅓ c flaxseeds; cook and stir with a wo en spoon for 5 to 7 minutes or u the seeds "pop" gently. Cool see Place seeds in a blender contain Cover and process until seeds finely ground. (You should h about ½ cup.)

2. In a large mixing bowl stir gether 2 cups of the flour and yeast. Add warm water, oil, honey

continued on page 2


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continued from page 220



Be generous with the flaxseeds as you pat them into the dough. They provide a healthy, nutty-flavored crunch.

sugar, and salt. Beat with an electric mixer on low to medium speed for 30 seconds, scraping sides of bowl constantly. Beat on high for 3 minutes. Using a wooden spoon, stir in the ground flaxseed and as much of the remaining flour as you can.

3. Turn the dough onto a lightly floured surface. Knead in enough remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes). Shape dough into a ball. Place in a greased bowl. Turn once to grease surface of the dough. Cover; let dough rise until nearly double in size (about 1 hour).

4. Punch dough down. Cover; let rest 10 minutes. Grease 2 baking sheets; set aside. On lightly floured surface, roll dough into a 16x8-inch rectangle. Brush generously with water. Sprinkle with the 2 to 3 tablespoons flaxseed. Gently pat flaxseeds into dough (see photo, *left*). Cut dough crosswise into 1-inch strips. Place 1 inch apart on prepared baking sheets. Cover; let rise until nearly double (about 30 minutes). Meanwhile, preheat oven to 425° F.

5. Bake about 12 to 15 minute until breadsticks are golden bro Remove from baking sheet. Coo a wire rack. Serve with honey bu Makes 16 breadsticks.

Nutrition facts per serving: cal., 4 g total fat (0 g sat. fat), 0 chol., 185 mg sodium, 21 g car 2 g fiber, and 4 g pro. Daily Val 0% vit. A, 0% vit. C, 2% calci and 8% iron.



Blueberries with Shortcake Dr Blueberries contain compounds may hold off age-related mem loss. Blueberries also may prev

90% of women don't get their recommended calcium.



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ary tract infections. Best of all, ;e berries are little bursts of sweet- s that are especially tasty with ;e petite shortcakes.

rp: 20 minutes **Bake:** 10 minutes

- cups all-purpose flour
- Tbsp. sugar
- tsp. baking powder
- tsp. baking soda
- tsp. ground cardamom (optional)
- cup cold butter
- egg, beaten
- cup plain low-fat yogurt
- Tbsp. milk
- cups fresh blueberries
- ueberry-Cardamom Syrup (see recipe, *right*)

.Preheat oven to 400° F. ;ase a baking sheet; set aside. For rtcake drops, in a medium rl stir together flour, the 2 tablespoons sugar, the baking powder, baking soda, and cardamom. Use a pastry blender to cut in butter until mixture resembles coarse crumbs.

2. In a small bowl combine egg, yogurt, and milk. Add to flour mixture, stirring just until moistened. Drop dough by teaspoons into 1-inch mounds onto prepared baking sheet. Bake about 10 minutes or until golden brown. Remove shortcake drops from baking sheet; cool slightly on a wire rack.

3. Divide shortcake drops and blueberries among six dessert dishes; drizzle with Blueberry-Cardamom Syrup. Makes 6 servings.

Nutrition facts per serving: 338 cal., 12 g total fat (7 g sat. fat), 66 mg chol., 257 mg sodium, 52 g carbo., 4 g fiber, and 6 g pro. Daily Values: 12% vit. A, 27% vit. C, 6% calcium, and 9% iron.

Blueberry-Cardamom Syrup

Make this gently spiced sauce up to a week in advance and keep it in the refrigerator until you're ready for it. Drizzle it on ice cream, pancakes, or waffles for a magical taste treat.

Prep: 15 minutes **Cool:** 1 hour

- 1 cup fresh blueberries
- ½ cup water
- ¼ cup sugar
- 2 tsp. lime juice or lemon juice
- ¼ tsp. ground cardamom

1. In a small saucepan combine blueberries, water, sugar, lime or lemon juice, and cardamom. Bring to boiling, stirring to dissolve sugar; reduce heat. Simmer the blueberry mixture, uncovered, for 10 minutes or until slightly thickened, stirring occasionally. Remove from heat; cool slightly. Carefully strain syrup

continued on page 224



Some
Lunchables FUN SNACKS NEW! S'mores
snacks
Lunchables FUN SNACKS NEW! chocolate chip Cookie
have
Lunchables FUN SNACKS NEW! marshmallow Crispy Squares
all the
Lunchables FUN SNACKS NEW! chocolate Cookies
Fun

continued from page 223

through a fine mesh strainer. Discard solids.

2. Cool syrup completely. Cover and refrigerate for up to 1 week. Makes ¾ cup.



Roasted Carrot-Stick Snack

You can cut the prep time to almost nothing if you use purchased carrot sticks. These french-fry mimics are loaded with a whopping amount of vitamin A.

Prep: 20 minutes **Roast:** 10 minutes

- 6 medium carrots (1 lb.)
- 2 to 3 tsp. olive oil
- 2 Tbsp. snipped fresh dillweed or basil
- Coarse sea salt or salt (optional)

1. Preheat oven to 475° F. Peel carrots. Cut carrots into strips about 3 inches long and ½ inch wide.

2. In a large bowl combine olive oil and snipped herb. Add carrots; toss to coat.

3. In a 15x10x1-inch baking pan spread carrots in a single layer. Roast, uncovered, about 10 minutes or until carrots are just tender, stirring once. Sprinkle with coarse salt. Makes 6 side-dish or snack servings.

Nutrition facts per serving: 46 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 27 mg sodium, 8 g carbo., 2 g fiber, and 1 g pro. Daily Values: 383% vit. A, 9% vit. C, 2% calcium, and 2% iron.



Mandarin Orange Ice

Pop the fruit, cans and all, into freezer to make this two ingred treat that is rich in vitamin C.

Prep: 10 minutes
Freeze: 12 to 24 hours

- 2 11-oz. cans mandarin orang sections
- 1½ tsp. grated fresh ginger

1. Place unopened cans of m darin oranges into the free Freeze for 12 to 24 hours or u fruit is frozen solid.

2. Place unopened cans of fro fruit in a container of hot water 1 to 2 minutes. (Do not thaw long or sorbet will be too soft.) move cans from water. Pat cans with paper towels. Open cans (if n essary, open both ends of the can push the fruit out). Pour any thaw juice into a blender container food processor bowl. Break fro oranges into small chunks. A orange chunks and ginger to blen container or food processor bow

3. Cover and blend or proc until nearly smooth, but not melt Spoon into individual glasses bowls. (Or transfer mixture to 8x8x2-inch baking pan; cover a freeze up to 3 days or until ready serve. Use a scraping motion scoop sorbet.) Makes 4 or 5 servin

Nutrition facts per serving: 58 c 0 g total fat (0 g sat. fat), 0 mg ch 8 mg sodium, 15 g carbo., 1 g fil and 1 g pro. Daily Values: 27% A, 89% vit. C, 2% calcium, a 2% iron.


Sweet Mom
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1 Fudge Brownie
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Tasty in tacos or salads



Jumbo prawn
Just right for grilling



Large
Shrimp cocktail favorite



Small tiger
Cook, peel, and eat



Medium
Perfect for pasta

Shrimply Divine

by Dari Carré

Company coming? While the shrimp is basking in a garlicky marinade, you'v
got time to relax before plopping the seafood on the grill. It's done in minute



Grilled-Shrimp Cocktail
Prep: 25 minutes **Chill:** 30 minutes
Grill: 8 minutes

- 8 oz. fresh or frozen large shrimp in shells (10 to 16)
- 1 large tomato, seeded and coarsely chopped (about 1 cup)
- 2 Tbsp. fresh tarragon leaves
- 2 Tbsp. lemon juice
- 3 large cloves garlic
- ⅛ tsp. salt
- ⅛ tsp. pepper

1. Thaw shrimp, if frozen. Peel and devein shrimp, keeping tails intact. Rinse shrimp; pat dry with paper towels. Set aside.

2. In a small food processor bowl or a blender container combine tomato, tarragon, lemon juice, garlic, salt, and pepper. Cover and process or blend with several on/off turns until mixture is coarsely chopped. Remove half of mixture (about ⅓ cup) to a small bowl and set as
Process or blend remaining mix
until nearly smooth.

3. In a large plastic bag com
shrimp and the smooth tomato
ture. Seal bag. Marinate in refri
ator for 30 to 45 minutes. On 2
metal skewers, thread shrimp, l
ing a space of about ¼ inch betw
pieces to allow for even cook
Grill on rack of an uncovered
directly over medium coals for
10 minutes or until shrimp
opaque, turning once. Rem
shrimp from skewers and place th
in a bowl. Toss shrimp with
reserved, coarsely chopped ton
mixture. Serve in individual cock
glasses. Makes 4 appetizer servi

Nutrition facts per serving: 50
1 g total fat (0 g sat. fat), 65
chol., 147 mg sodium, 4 g car
1 g fiber, and 8 g pro. Daily Val
6% vit. A, 26% vit. C, 1% calci
and 8% iron.


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Win Money and Prizes

Prize Tested Recipes® (see page 233)

Your original recipe could be worth up to $400 and net you a kitchen full of new appliances. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

One Annual Grand Prize:
GE Profile Appliances
(refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

Monthly Prizes:
Two $400 winners, Two $200 winners, Ten $50 honor rolls

December 2001 Categories:
Citrus Inspirations:
Fresh oranges and grapefruit add flavor to any meal—from breakfast to dinner. How do you use citrus in your cooking? Do you prepare marmalade or candied peel? Perhaps you use citrus sections in your main dishes, such as chicken with oranges. What about other forms of the fruit—fresh, refrigerated, frozen, or canned—in salads, punches, and desserts? Recipe inspirations using lemons or limes are also welcome.

Yuletide Cookies:
We're looking for your favorite, yet unique, holiday cookie recipes that you make and bake for friends. Do you prepare bar cookies with an unusual twist or ingredient? How about simple cookie recipes that kids can help make? Does your cookie have a fancy shape? Perhaps your specialty is drop cookies with a holiday frosting or topping, or make-ahead slice-and-bake cookies.

This Month's Winners
Pages 233 and 234

$400 Winners: Mary Lou Cook, We... Ore.; Paula Marchesi, Lenhartsville, Pa...
Winners: Guido A. Tango, North Arlin... N.J.; Elaine R. Zelinski, Brookfield, I...
Honor Roll Winners: Constance M. Bec... North Franklin, Conn.; Sharolyn B... American Fork, Utah; Bonnie Co... Carrollton, Ga.; Tamara Gentuso, Nas... Tenn.; Joni Hilton, Sacramento, Calif.; ... Nemitz, Ludington, Mich.; Kim Rol... Dallas, Texas; Kay Schultz, Omaha, ... Amin Soorty, Atlanta, Ga.; Elaine S... Dallas, Texas.

Contest Rules: NO PURCHASE ... ESSARY. 1. The contest is open to ... U.S. residents, except Meredith Corpo... employees, its affiliates, subsidiaries ... their immediate families. 2. With ... entry, clearly print or type your nam... dress, phone number, and recipe m... "Citrus Inspirations" or "Yuletide Coo... Specify brands and recipe origin. 3. ... recipes by postal mail to: 0112 ... Department, *Better Homes and Gard...* Magazine, Des Moines, IA 50309-302... send e-mail entries to: ptr@mdp.... 4. Entries must be postmarked by Ma... 2001, and received by May 31, ... E-mail entries must be posted by ... p.m., EDT, May 24, 2001. 5. Monthly ... ners will be selected about 60 days ... then notified by mail. Winners must ... affidavit, release, and copyright as... ment. The annual grand prize winne... be selected from the year 2001's top... ners on or about October 1, 2001, an... be notified by mail. The grand prize ... ner will choose up to $5,000 worth ... Profile appliances from a local deal... the dealer's then-current retail prices ... applicable sales tax, delivery charge... additional costs will be included in ... $5,000 prize. Cash will not be offered in ... of prizes. 6. Entries must be your ori... recipes. No previously published rec... They will be judged on creativity, t... and practicality by *BH&G*® edi... Decisions of judges are final. 7. En... will not be returned. All copyright rig... winning recipes belong to Mere... Corporation. We reserve the right to a... winning recipes. 8. Entry constitutes ... mission to use winner's name and h... town for editorial and promoti... purposes, except where prohibited by ... Send a self-addressed stamped enve... to above address to receive winners ... available six months after entry dea... 9. Meredith Corporation assumes n... sponsibilities for entries they are unab... process due to phone, network, elec... ic, or computer hardware or software ... ures, or technical failures of any ... Subject to all U.S. federal, state, and ... laws and regulations. Void where pro... ited. Taxes on prizes are the respons... ty of the winners.

ıtrition formation

v to make it work for you

h each recipe, we give important ition information. The calorie ıt of each serving and the unt, in grams, of fat, saturated cholesterol, sodium, carbohy- es, fiber, and protein will help keep tabs on what you eat.
ou can check the levels of each ɔe serving for vitamin A, vitamin alcium, and iron. These are d in percentages of the Daily es. The Daily Values are dietary dards determined by the Food Drug Administration (FDA).

r we analyze

omit optional ingredients from ınalysis. The analysis is calculat- sing 2 percent reduced-fat milk. Then ingredient choices appear in cipe (such as margarine or but- we use the first one mentioned analysis. The ingredient order s not mean we prefer one ingre- t over the other.
Ve use the first serving size listed n a range is given.

ıt you need:

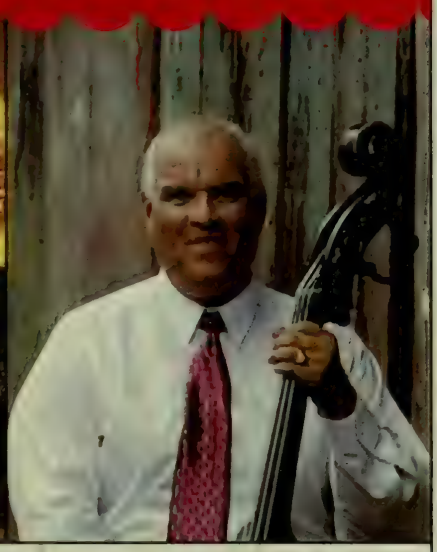
ries: About 2,000
l fat: Less than 65 grams
ırated fat: Less than 20 grams
lesterol: Less than 300 milligrams
ɔohydrate: About 300 grams
ium: Less than 2,400 milligrams
ary fiber: 20 to 30 grams

se our analyses to chart the ition value of the foods you eat. dietary guidelines above sug- the levels of nutrients that mod- ely active adults should strive to each day. There is no real harm oing over or under these guide- s in any single day, but it is a good to aim for a balanced diet over e.

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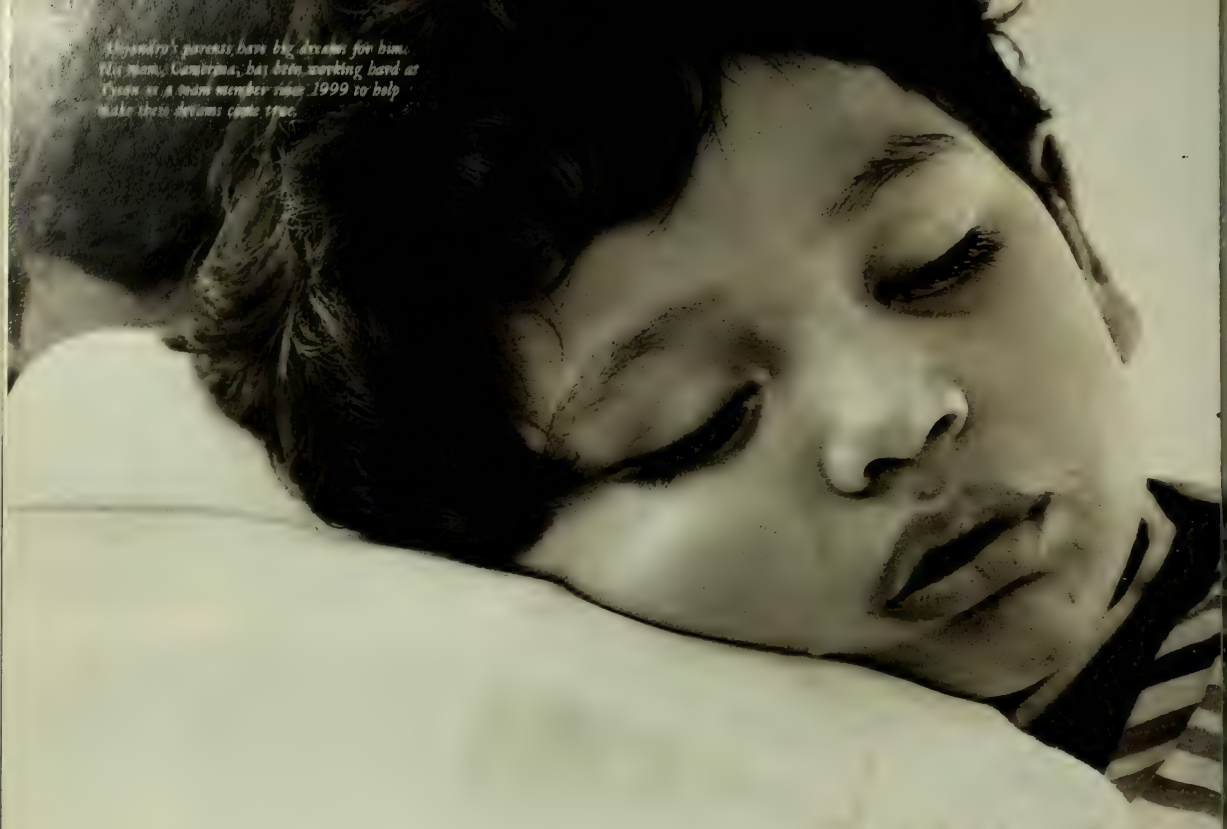
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see page 228 for details



$400 winner Caliente Pot Roast

Mary Lou Cook, Welches, Ore.,
in the 20-Minute Main Dishes Category, May 2001

- 1 16- or 17-oz. pkg. refrigerated cooked beef pot roast with juices
- 1½ cups purchased sliced fresh mushrooms
- 1 8-oz. bottle picante sauce
- 1 14½-oz. can reduced-sodium chicken broth
- 1 cup quick-cooking couscous
- 2 Tbsp. snipped fresh cilantro
- Dairy sour cream (optional)
- Chopped fresh tomato (optional)
- Sliced avocado (optional)
- Cilantro sprigs (optional)

Transfer liquid from pot roast package to a large skillet; add mushrooms and picante sauce. Cut pot roast into 1- to 1½-inch cubes; add to skillet. Bring mixture to boiling; reduce heat. Cover and simmer for 10 minutes.

Meanwhile, in a medium saucepan bring chicken broth to boiling; stir in couscous. Remove from heat. Cover and let stand 5 minutes. Fluff with a fork. Stir in snipped cilantro. Spoon pot roast mixture atop hot couscous mixture. Serve with sour cream, tomato, and/or avocado and top with cilantro sprigs. Makes 4 to 6 servings.

Nutrition facts per serving: 479 cal., 13 g total fat (4 g sat. fat), 120 mg chol., 1,000 mg sodium, 43 g carbo., 3 g fiber, and 46 g pro. Daily Values: 6% vit. A, 9% vit. C, 6% calcium, and 31% iron.

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$400 winner Triple-Delicious Pie

Paula Marchesi, Lenhartsville, Pa.,
in the Glorious Spring Pies Category, May 2001

- 1½ cups sliced fresh or frozen rhubarb
- 1 cup sugar
- 3 Tbsp. quick-cooking tapioca
- 1½ cups fresh blueberries
- 1 cup sliced fresh strawberries
- 1 Tbsp. lemon juice
- ½ tsp. vanilla
- Dash ground mace or ground nutmeg
- 1 recipe Pastry for Lattice-Top Pie

If using frozen rhubarb, thaw but do not drain. In a large bowl stir together sugar and tapioca. Add fruit, lemon juice, vanilla, and spice. Gently toss to coat fruit. Let mixture stand 15 minutes, stirring once. Meanwhile, preheat oven to 375° F.

On a lightly floured surface roll out one ball of pastry to a 12-inch circle; carefully transfer pastry to a 9-inch pie plate. Trim pastry to ½ inch beyond edge of pie plate. Transfer fruit mixture to pastry-lined pie plate. For lattice top, roll out remaining dough as above. Cut into ½-inch-wide strips. Weave strips on top of filling to make a lattice. Press ends of strips into rim of bottom crust. Fold bottom pastry over strips; seal and crimp edge. Cover edge of pie with foil. Bake for 25 minutes. Remove foil. Bake for 20 to 25 minutes more or until top is golden brown and juices are bubbly. Cool. Makes 8 servings.

Pastry for Lattice-Top Pie: Stir together 2 cups all-purpose flour and ½ teaspoon salt. Cut in ⅔ cup shortening until pieces are the size of small peas. Using a total of 6 to 7 tablespoons cold water, sprinkle 1 tablespoon over part of mixture. Toss with a fork. Push



see page 228 for details

$200 winner Tropical Fruit Pie

Elaine R. Zelinski, Brookfield, Ill.,
in the Glorious Spring Pies Category, May 2001

- 1¼ cups all-purpose flour
- 3 Tbsp. granulated sugar
- ¼ tsp. salt
- 6 Tbsp. butter
- 1 egg yolk
- 3 to 4 Tbsp. cold water
- 1½ 8-oz. pkgs. cream cheese (12 oz.), softened
- ⅔ cup sifted powdered sugar
- ¼ cup whipping cream
- 1 Tbsp. orange liqueur or orange juice
- 1 tsp. vanilla
- 2 to 2½ cups assorted fruits (peeled and cut up kiwi fruit, raspberries, peeled and chopped papaya, and/or cut up strawberries)
- 2 Tbsp. apricot preserves
- ½ tsp. orange liqueur or orange juice

Preheat oven to 400° F. For pastry, in a bowl stir together flour, granulated sugar, and salt. Cut in butter until mixture resembles coarse crumbs. Stir in egg yolk and enough cold water to moisten. Knead gently until mixture forms a ball. On a lightly floured surface roll dough to a 12-inch circle; carefully transfer to a 9-inch pie plate. Trim pastry to ½ inch beyond edge of pie plate. Fold under extra pastry. Crimp edge. Generously prick bottom and sides of pastry with a fork. Line pastry with a double thickness of foil. Bake 8 minutes; remove foil. Bake for 10 minutes more or until golden. Cool on a wire rack.

For filling, in a bowl beat cream cheese and powdered sugar until combined. Add whipping cream, the 1 tablespoon liqueur, and vanilla. Beat until combined. Spoon filling into baked pastry shell. Cover and chill 1 to 4 hours. To serve, arrange fruit on top of filling.

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.



see page 228 for details

$200 winner Saucy One-Pan Ravioli

Guido A. Tango, North Arlington, N.J.,
in the 20-Minute Main Dishes Category, May 2001

- 2 cups cherry tomatoes
- 1 clove garlic
- ¾ cup chicken broth
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 9-oz. pkg. refrigerated ravioli
- 2 Tbsp. snipped fresh basil
- 1 Tbsp. snipped fresh Italian parsley
- ¼ cup shredded Romano or Parmesan cheese

In a blender container or food processor bowl place tomatoes and garlic. Cover; blend or process until smooth. Transfer to a large saucepan. Add broth, salt, and pepper. Bring to boiling. Add ravioli; return to boiling. Reduce heat; cover and simmer for 6 to 8 minutes or until pasta is just tender, stirring gently once or twice. Stir in basil and parsley. Spoon onto plates; sprinkle with cheese. Makes 2 servings.

Nutrition facts per serving: 502 cal., 21 g total fat (11 g sat. fat), 123 mg chol., 1,346 mg sodium, 56 g carbo., 3 g fiber, and 25 g pro. Daily Values: 31% vit. A, 71% vit. C, 43% calcium, and 19% iron.

PHOTOGRAPHS: KIM CORNELISON



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Suspense, mystery, a real tear-jerker.
Unfortunately, that was dinner.
From heartburn to diarrhea. Because you never know.
Pepto Bismol

 continued from page 236

Skin is the largest organ of the body. If weighed by itself, your skin would register between 7 and 9 pounds on the scale.

—American Academy of Dermatology

Do your face a favor

Think twice before putting a washcloth to your face and scrubbing. Instead of helping your skin, you may be irritating it.

Harsh scrubbing, especially with abrasive soaps or cloths, can clog pores, cause whiteheads, and aggravate acne, says Amit Pandya, M.D., associate professor of dermatology at the University of Texas Southwestern Medical Center. Pandya also warns against using granulated facial creams. "They are basically a gentle way to sandpaper the skin," says Pandya. "That's not a good idea unless you are a person who has super oily skin."

To keep your face clear, wash with a mild soap using only your fingertips. If you have acne, Pandya suggests using an over-the-counter cream containing benzoyl peroxide to eliminate bacteria. If your acne is persistent, your doctor can prescribe medications that may reduce inflammation.





Nervous Flyer? Fuel Up—Then Board

If flying makes you fainthearted, sip a nonalcoholic bevera or have a snack before getting on a plane. This may keep y from passing out, say Japanese researchers whose stu looked at how fluids and food may prevent fainting and he attacks in passengers.

Tests simulated the conditions of a flight to 10,000 fee where low cabin pressure at a high altitude causes reduc oxygen supply in the body. Researchers measured he function, blood flow, and oxygen saturation of brain and or tissues in fasting participants and those who had lunch a a beverage. Fasting subjects experienced decreased blo pressure. In comparison, nonfasting subjects did not have a significant change in blood pressure; food and fluid inta helped maintain oxygen levels in their organs and brains.

Without a beverage or food ahead of time, any passen may experience a drop in oxygen levels. The elderly and th who have high blood pressure or vascular disorders are m vulnerable to in-flight emergencies. So fuel up first.

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Generic Drugs

Cheaper...but not always best

Generics are less expensive and often just as effective, but your doctor may have good reason to prescribe a brand-name drug for you.



by Martha Miller

Brands are big and in your face: Starbucks on street corners, the Gap at every m the Nike swoosh on Tiger Woods' cap. Pharmaceutical companies play the name ga too. Commercials during prime-time TV tout the advantages of brand-name dru If your pharmacist asks whether you want the generic version of your prescripti it's natural to hesitate. "Generic" may not inspire confidence. What you need to kn Drug experts agree that, in many cases, buying generic medications delivers more your dollar. But there are exceptions. Certain brand-name drugs do not have gene versions. And your doctor may have a good reason to prescribe a brand-name dr

continued on page



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Generic Drugs continued from page 240

The meaning of generic

Any company that creates a drug is granted an exclusive patent for 20 years. It may spend up to 10 years on testing before getting the drug to market, limiting time to recoup costs. Once the patent expires, other companies can make a generic version.

"Generic manufacturers need to prove that their drug is bioequivalent," says Gary Buehler, director of the Office of Generic Drugs for the Food and Drug Administration (FDA). That means the generic version must deliver the same amount of *active* ingredients into the bloodstream and in the same amount of time as the innovator drug. Generics also must be the same in strength, dosage form (pill or capsule), administration (oral or injection), and able to meet the same requirements for purity and quality.

Because of *inactive* ingredients—such as filler, flavoring, and color—generic drugs do not resemble their brand-name competitors in appearance. This difference keeps patients from confusing them. And the bottle must identify a generic drug as such on the label.

Generic drugs: cheap and effective

Generic drugs generally cost about 30 to 60 percent less than their brand-name versions. Manufacturers of generics don't have to repeat the expensive and extensive clinical research done by makers of innovator drugs.

Do generic drugs have the same medical effect? Yes, according to a 1999 review in the *Journal of the American Medical Association*. The review examined 127 generic drug applications approved by the FDA in 1997. Researchers studied the data used to evaluate the bioequivalence of generic and brand-name drugs, and found that both would provide the same intended clinical benefits.

Doctors and managed care affect choice

Every state allows pharmacists to fill a prescription with an FDA-approved generic drug if one is available. The exception is a doctor's stipulation on the script that the patient use the brand-name medication.

Most generic versions are "perfectly sa
says Philip R. Alper, M.D., an endocrino
gist and clinical professor of medicine at
University of California, San Francisco.
he occasionally insists on brand-name dru
For example, Alper prescribes only bra
name drugs for people with delicate thyr
problems. "When you allow for generic,
pharmacy can use whichever one it plea
and there may be more variation in that t
in a single, branded drug," he says. "T
may not be best for patients who need v
fine-tuning."

Many health plans want consumers to t
generic drugs because they are less expens
The co-payment is typically higher for
brand name.

"I can get a name-brand drug, but I h
to pay the difference, and it's a very big
ference," says Jim Guire, a retired medic
firefighter who lives in Gloucester, Virgi
He takes four drugs a day for a heart con
tion that left him disabled at age 35.

Sometimes a brand is your only choice

You may need to buy a brand-name drug
a good reason: Either the patent for
brand-name drug is still in place, or the F
has not approved a generic version.

Not having a cheaper choice is frustrati
especially for older people on fixed incom
or those with chronic conditions. Mar
Rauth, 67, of Omaha, Nebraska, spe
$514.70 a month on prescription drugs
treat congestive heart failure. There are
generic versions for three of the 12 pills
takes daily. The three drugs—Pravachol a
Lipitor (the biggest selling cholesterol dru
and AcipHex—each cost her more than $1
for a 30-day supply.

Developing a medically acceptable gene
drug is challenging. A noteworthy exam
is the estrogen-replacement drug Premar
which millions of postmenopausal wom
take to help prevent osteoporosis a

continued on page 2

Many health-care plans want you to take generic drugs because the
cost less. Your co-payment for the brand name may be higher.

Now the right protection is easier to find.

ALWAYS.



1

PACKAGE COLOR *indicates pad type.*
Pick **BLUE** *if you prefer Maxis,*
GREEN *if you prefer thinner pads.*

COLOR BAR
ates absorbency level.

SLENDER

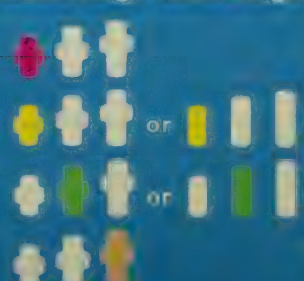
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2

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always

 continued from page 242

heart disease. Premarin, which is made from the urine of pregnant mares, contains a complex mixture of more than 100 different hormones. "Premarin is a naturally derived product, and the problem is making a product that has the same active ingredients," says Buehler. "We have had groups looking at this, but nobody has been able to do this yet."

The patent process is constantly changing, and most big-selling drugs will get generic versions sooner or later, says Buehler. The blockbuster drugs Prozac (an antidepressant) and Prilosec (a drug for ulcers) will come off patent this year, and consumers probably will see big price differences, he says.

Therapeutic drug substitution

Consumers need to be aware of the difference between generic and therapeutic substitution, says Duane Kirking, Ph.D., a professor of pharmacy at the University of Michigan College of Pharmacy. Therapeutic substitution means substituting the prescribed drug with a cheaper drug in the same class or family but with a different chemical makeup. Some managed care plans promote therapeutic substitution to pharmacists and doctors as a way to control costs, he says. But your doctor is the only person who can allow that change.

Should you always go generic?

In a word, no. There is a small group of prescription drugs known to have a narrow therapeutic index (NTI)—that is, a narrow difference between the median effective dose and the median lethal dose.

Most NTI drugs are used to treat serious medical conditions, such as asthma, heart attack, stroke, epilepsy, and depression. Some examples of NTI drugs include digoxin, dilantin, and lithium.

Most pharmacists prefer not to substitute a generic version for these drugs because the slightest change in medicine might cause a reaction in a patient.

Gary Glisson, a pharmacist with 22 years of experience in Nashville, North Carolina, says he would not fill a script for an NTI drug with a generic version. He isn't willing to take the risk. "I would pay the difference," he says.

Bottom line

But for the rest of your prescription needs, don't think generic is less useful. Buehler says, "It all goes to the idea that a BMW is better than a Ford because it costs more. People think an innovator drug that costs four dollars more than the generic must be better because it costs more. [The FDA] believes that when it comes to drugs, that's not true."

A final note: Take time to disc your prescription with your doc Ask whether you're getting brand-name drug or its generic v sion, and ask why it's the best cho

Make sure your pharmacist c firms what prescription you've b given, and explains the medicati potential side effects and any spe instructions for taking it. Also br up any concerns about the price quality of over-the-counter bra name drugs versus generic versio The pharmacist's experience will h you make wise decisions in giv your family effective products.

When consulting your doctor pharmacist, make sure you h current records of drugs that fam members are taking, including over-the-counter medications.



BRAND-NAME DRUGS—HIGHER PRICE TAGS

The average generic prescription is about $45 cheaper than its bra name counterpart. The Congressional Budget Office estimates generic versions sold at retail pharmacies save consumers a $10 billion a year. And the savings should continue. The *Wall St Journal* reports that patent protection for 40 brand-name drugs will by the year 2002, which means their generics can be sold.

Here is a list of some widely used brand-name drugs and their ge equivalents. The prices were taken from a retail pharmacy in the Midv and may vary from state to state.

Brand name: Keflex (antibiotic) . . . . . Cost: $10
Generic drug: cephalexin . . . . . Cost: $2
30 tablets at 500 mg

Brand name: Valium (antianxiety) . . . . . Cost: $3
Generic drug: diazepam . . . . . Cost: $1
30 tablets at 5 mg

Brand name: Cardizem (for chest pain) . . . . . Cost: $5
Generic drug: diltiazem . . . . . Cost: $3
30 tablets at 180 mg

Brand name: Inderal (for high blood pressure) . . . . . Cost: $2
Generic drug: propranolol . . . . . Cost: $1
30 tablets at 40 mg

THE FRACTURE-FIGHTERS. WOMEN AGAINST OSTEOPOROSIS.

THE ARRIOR

ermined not to inherit the curve in her grandmother's back.





THE ALLY

Prescribes the only therapy proven to reduce spinal fractures in the very first year.

THEIR WEAPON

ACT NOW WITH

Actonel®
(risedronate sodium tablets)

Nonhormonal prescription medicine

If you've lost enough bone, you can be vulnerable to spinal fractures you may not
vays feel. Eventually, spinal fractures may cause your back to curve into dowager's hump.
/ou've seen that curve in your grandmother, mother or aunts, you may be at
k for osteoporosis.
Some other risk factors include being Caucasian or Asian or smoking. Be aware, even
:ra calcium and exercise may not be enough to protect you from bone loss and fracture.
n the battle against postmenopausal osteoporosis, your strongest ally is your doctor. Ask
out Actonel. Not only can Actonel reverse bone loss, it helps your bones become
ore fracture resistant.
You should not take Actonel if you have low blood calcium, severe kidney disease, or
nnot sit or stand for 30 minutes. Stop taking Actonel and tell your doctor if you
perience difficult or painful swallowing, chest pain or severe or continuing heartburn
cause these may be signs of serious upper digestive problems. Side effects are generally
ld or moderate and may include stomach pain or upset, or constipation. Follow dosing
structions carefully.

**To learn more about Actonel and osteoporosis, talk to your healthcare provider,
ll toll-free 1-877-Actonel, or visit www.actonel.com.**

Women today don't have to accept bone loss the way our grandmothers did.
a warrior. Fight fracture.



HER RESULT

Only Actonel is proven to reduce spinal fractures in the very first year

Turn the page for additional information on Actonel and osteoporosis.

Important Information for You About Actonel and Osteoporosis

■ ACTONEL® (AK-toh-nel) Patient Information generic name: (risedronate sodium tablets)

This leaflet tells you about ACTONEL and how to take it. Read this information carefully before you begin taking ACTONEL. It is important to take ACTONEL exactly as recommended. Read this information each time your prescription is refilled in case new information is available. This leaflet does not take the place of discussions with your health care provider because it does not describe all the risks and benefits of ACTONEL. ACTONEL can be prescribed and dispensed only by licensed health care professionals; they have information about your medical condition and more information about ACTONEL. Talk with your health care provider about ACTONEL before you start taking the medicine and during your regular checkups.

■ What is the most important information I should know about ACTONEL?

Take ACTONEL once a day or as directed by your health care provider. You must take ACTONEL exactly as recommended so that it will work and to reduce the risk of harmful side effects (see ***How should I take ACTONEL?***).

■ What is ACTONEL?

ACTONEL is a drug to treat and prevent osteoporosis. ACTONEL can reverse bone loss and help reduce the risk of breaking bones (fractures) by stopping further loss of bone and increasing bone mass. ACTONEL is not a hormone like estrogen (hormone replacement therapy used in postmenopausal women). Therefore, it does not have all the benefits and risks of estrogen.

■ What is osteoporosis?

Osteoporosis is a disease that causes bones to become thinner. Thin bones can break easily. Most people think of their bones as being solid like a rock. Actually, bone is tissue, just like other parts of the body—your heart, brain, or skin, for example. Bone just happens to be a harder type of tissue. Bone is always changing. Your body keeps your bones strong and healthy by replacing old bone with new bone.

When someone has osteoporosis, the body removes more bone than it replaces. This means that bones get weaker and are more likely to break. Osteoporosis is a bone disease that is quite common, especially in older women. However, young people and men can develop osteoporosis, too.

Osteoporosis can be prevented, and with proper therapy it can be effectively managed.

■ How can osteoporosis affect me?

In the early stages of osteoporosis, people often have no pain or other symptoms. As bones become weaker, they are more likely to break when someone falls—or even without a fall. While osteoporosis can affect any bone, the spine, wrist, and hip are the bones most likely to break. People with osteoporosis may "shrink" (lose height), develop a curved back, or have severe back pain that forces them to limit their activities.

■ Who is at risk for osteoporosis?

Many things put people at risk for osteoporosis. Some are just part of who you are, like being a woman, going through menopause or already being postmenopausal, being Caucasian or Asian, being thin, or having a family history of osteoporosis. Other factors include not getting enough calcium or vitamin D, having an inactive lifestyle, smoking cigarettes, or drinking too much alcohol. Long-term use of cortisone-type medicines (such as prednisone) can also cause osteoporosis in both men and women of all ages.

■ Who should not take ACTONEL?

Do not take ACTONEL if you have:

- low blood calcium (hypocalcemia)
- the inability to sit or stand upright for 30 minutes
- an allergy to ACTONEL
- severe kidney disease

If you are pregnant or nursing (breast-feeding), or have severe kidney disease, talk to your health care provider before taking ACTONEL.

■ How should I take ACTONEL?

Take ACTONEL once daily or as directed by your health care provider. It is important to take ACTONEL as recommended so that you can benefit from the medicine. Following these recommendations also helps ACTONEL work correctly and helps you avoid possible irritation of the esophagus, the tube connecting the mouth and the stomach.

Take one ACTONEL tablet first thing in the morning while in an upright position (sitting or standing) before you have anything to eat or drink (other than plain water). Do not eat or drink anything except plain water for 30 minutes after taking ACTONEL.

■ Remember:

- Take one ACTONEL tablet with 6 to 8 ounces (about 1 cup) of plain water (not coffee, tea, or juice, and ***especially not milk or other dairy products***).
- After taking ACTONEL, wait at least 30 minutes before lying down. You may sit, stand, or do normal activities like read the newspaper, take a walk, etc.
- Swallow ACTONEL whole rather than chewing it or waiting for it to dissolve.
- If you take vitamins, calcium, and antacids, take them at a different time of the day from when you take ACTONEL, at least 30 minutes after you take ACTONEL.
- If you forget to take ACTONEL, do not double your next dose. Simply take ACTONEL as you normally would for your next dose.
- You should continue to take ACTONEL for as long as your health care provider recommends. ACTONEL can treat your osteoporosis or help keep you from getting osteoporosis only if you continue to take it.

■ What should I avoid while taking ACTONEL?

Foods and some supplements and medicines can stop your body from absorbing ACTONEL. Therefore, do not take these products at or near the time you take ACTONEL: food, milk, calcium supplements, or calcium-, aluminum-, or magnesium-containing medicines, such as antacids (see ***How should I take ACTONEL?***). Ask yo care provider if there is anything else you avoid while taking this medicine.

■ What are the possible side effects of ACTONEL?

Most people have no problems with ACT However, ACTONEL may cause side effe effects from ACTONEL are usually mild. T generally do not cause patients to stop ta ACTONEL.

In studies of ACTONEL in patients with osteoporosis, the most common side effec reported about as often with ACTONEL a placebo (sugar pill). They include upset st abdominal (stomach area) pain, constipa diarrhea, gas, and headache.

This summary does not include all the pos effects of ACTONEL. Talk to your health c provider about possible side effects. Tell y care provider if you feel discomfort in you or esophagus (the tube connecting the mo the stomach). Stop taking ACTONEL and health care provider right away if swallow difficult or painful, if you have chest pain, have severe or continuing heartburn.

Other important information

■ How can I tell if ACTONEL is work

ACTONEL can build bone mass in most p who take it, even though they won't be ab or feel a difference. Your health care prov measure the thickness (density) of your bo check your progress. This is called a bone density measurement.

■ What if I have other questions about ACTONEL?

If you have questions about ACTONEL, a health care provider or pharmacist.

If you want to read more about ACTONE your health care provider or pharmacist fo labeling written for health care profession

For more information, call 1-877-ACTON free) or visit our web site at www.actonel.c

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by Jeanne Ambrose



C-3PO, a droid from the *Star Wars* movie saga, shows off Skywalker Ranch Salad (recipe on *page 250*).



May the forks be with yo

Take a tip from the chef to *Star Wars* visionaries: A satis appetite keeps the mind functioning on hyperdrive.

Chef Sherri Nichelman and her staff are in charge of feeding some 300 cre types each day at Lucasfilm's Skywalker Ranch near San Rafael, California. M from the nearest restaurant, the ranch is a self-contained creation statio George Lucas and his team, known for the *Star Wars* films and the *Indiana* movies, among others. Three dining rooms keep the team from going hung

The fresh fare Nichelman serves is a lot like the food she feeds her family. it doesn't take much to add your own special effects to your meals at h she says. (See story, *page 250*.)

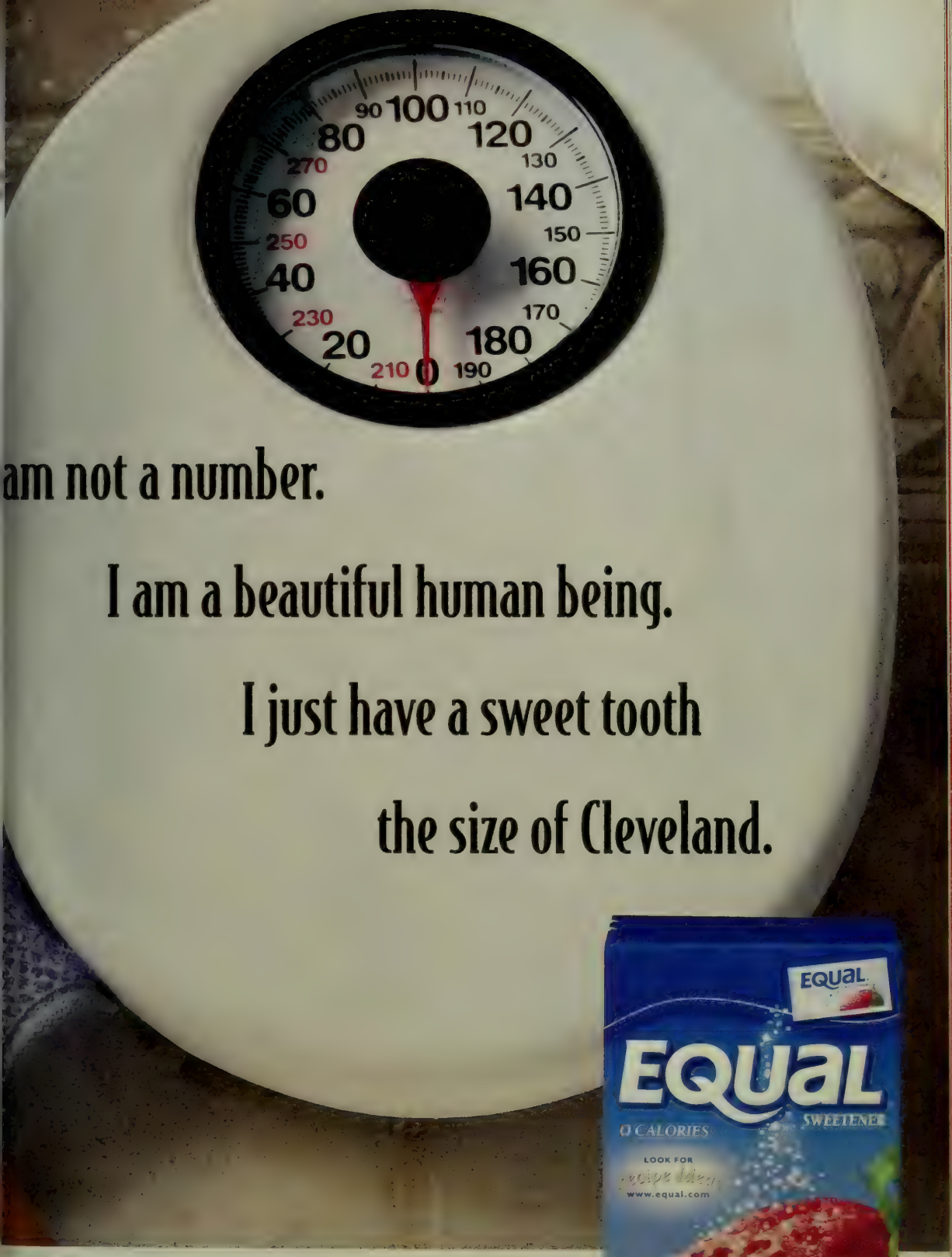
Healthy cooking doesn't have to be an epic production. Roasting vegetable example, is as easy as tossing them in a little olive oil, salt, pepper, and herbs, popping them into a hot oven until the veggies are tender.

Inspirational food

Fresh produce and herbs also make a big difference when it comes to fl That's why Nichelman meets weekly with organic gardener Brian Flanne Skywalker Ranch's 2½-acre herb and vegetable plot. The organic meals on the depend on what's ready in the garden. The specialties might include: gr halibut on braised lentils with arugula and mango-chili salsa; or summer pota squash, and broccoli with black olives, saffron, ginger, and garlic.

Even if you're leery of your culinary skills, you can put together a great sp by using a trusted cookbook. Add imagination to taste. For instance, Nichel Skywalker Ranch Salad goes vertical with the help of a 4- to 5-inch-tall mold gently piles greens topped with Herbed Mushrooms (see recipe, *page 250*) int

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90 100 110
80 120
270 130
60 140
250 150
40 160
230 170
20 180
210 0 190
am not a number.
I am a beautiful human being.
I just have a sweet tooth
the size of Cleveland.
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Chef Sherri Nichelman and master gardener Brian Flannery check out young, organic greens that will play a starring role in a salad served at Lucasfilm's Skywalker Ranch.

May the Forks Be With You continued from page 248

mold. Removing the mold unveils a salad tower. We tinkered with her recipe to come up with a casual version of her inspiration.

Skywalker Ranch Salad

Prep: 20 minutes **Cook:** 3 minutes

- 1 recipe Lemon Vinaigrette
- 2 large shallots, peeled and thinly sliced lengthwise
- 2 Tbsp. extra-virgin olive oil
- 16 cherry tomatoes, cut in half
- 6 cups torn mixed greens
- 4 large Boston lettuce leaf cups
- 1 recipe Herbed Mushrooms
- 4 tsp. snipped fresh parsley

1. Prepare Lemon Vinaigrette (see recipe, *above right*). Set aside.

2. In a skillet over medium-high heat cook and stir shallots in hot oil about 3 minutes or until crisp and golden brown. Using a slotted spoon remove shallots from oil. Drain on paper towels. Set aside to cool.

3. In a bowl combine cherry tomatoes and 1 tablespoon of Lemon Vinaigrette. Toss to coat. Set aside.

4. In a large bowl combine torn greens and remaining dressing. Toss to coat. Divide greens among the lettuce cups. Spoon Herbed Mushrooms on top. Top with marinated tomatoes. Sprinkle salad with toasted shallots and snipped parsley. Makes 4 side-dish servings.

Lemon Vinaigrette: In a screw-top jar combine 3 tablespoons olive oil, 2 teaspoons lemon zest, 2 tablespoons lemon juice, 1 tablespoon snipped fresh tarragon, and 1 tablespoon champagne or white wine vinegar. Cover; shake well. Add salt and pepper, if desired.

Nutrition facts per serving: 309 cal., 26 g total fat (3 g sat. fat), 0 mg chol., 171 mg sodium, 19 g carbo., 3 g fiber, and 6 g pro. Daily Values: 29% vit. A, 68% vit. C, 9% calcium, and 17% iron.

Herbed Mushrooms

Prep: 15 minutes **Cook**: 15 minutes

- 2 large shallots, ends cut off, peeled, and thinly sliced
- 2 Tbsp. extra-virgin olive oil
- ¾ lb. mushrooms, cleaned and chopped (about 4½ cups)
- 1 Tbsp. snipped fresh thyme
- ¼ tsp. salt
- ⅛ tsp. pepper

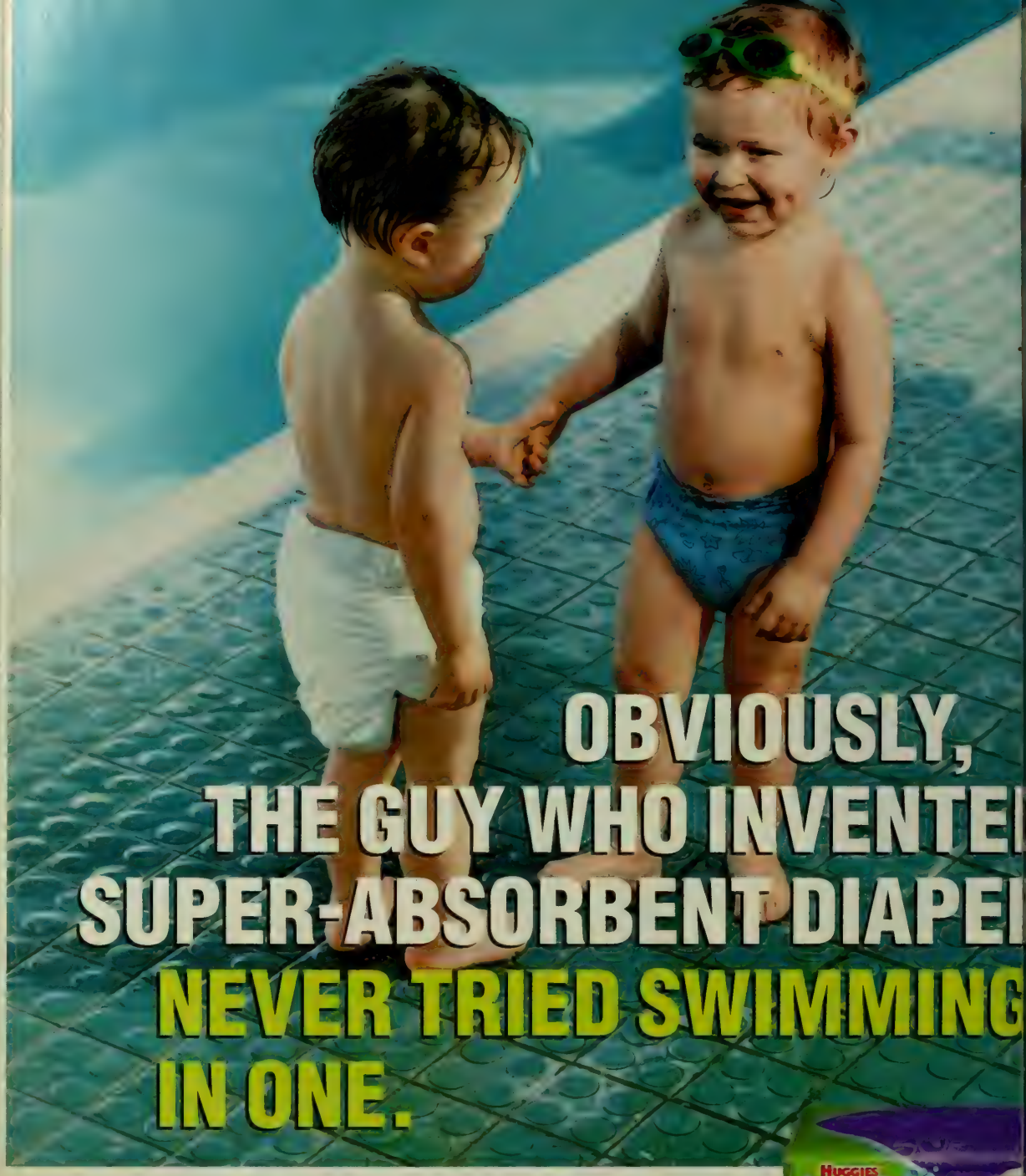
In a small saucepan over medium heat cook shallots in oil for 3 to 4 minutes or until tender, stirring frequently. Add mushrooms and thyme. Cook, uncovered, over medium heat for 12 to 15 minutes or until all the liquid has evaporated, stirring occasionally. Remove from heat. Season with salt and pepper. Set aside to cool.

DO TRY THIS AT HOME

Chef Sherri Nichelman offe
four ideas for adding special
fects to the food you fix at hom
1. Before cooking, sprinkle yo
favorite cut of chicken or be
with salt, then combine equ
amounts of cracked black a
white peppercorns, crushed fe
nel seed, and crushed lavend
Rub the mixture into the mea
The combination makes an i
credibly flavorful dry "marinade
2. Toast spices before using the
to bring out a rich, nutlike flav
In a medium skillet cook spi
seeds or cinnamon sticks ov
medium-low heat for 3 to 4 mi
utes or until aromatic, stirrin
constantly. Watch closely to pr
vent overbrowning. Remov
from heat. Cool. Use a spi
grinder or mortar and pestle
grind the spices to a fine powde
3. Make a low-fat yogurt sprea
for sandwiches by combinin
plain yogurt with a bit of lemo
zest and your favorite fres
snipped herbs. Consider di
chives, and parsley. Add toaste
mustard seed and choppe
cucumber, if you like.
4. Perk up salads, vegetable
fish, poultry, and beef with
marinade or dressing made fro
the fabulous foursome: herbs
spices, salt, pepper, and a splas
of lemon juice or vinegar.




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Take a stroll through our garden as we cultivate great craft ideas. There are veggies to plant, raindrops to measure, and insects to buzz about. And you'll dig learning how to make puppets from garden gloves.



in the garden

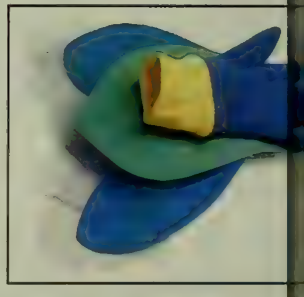
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Handy Bug Puppets

What you need for the Ladybug: Child's gray cloth garden glove ■ 1½-inch plastic-foam ball ■ Red and black craft foam ■ Gray netting ■ Red metallic chenille stem ■ Red glitter glue ■ 2 white pom-poms ■ 2 large and 2 small black pom-poms for the spots on the wings

■ **What you need for the Fly:** Child's blue cloth garden glove ■ 1½-inch plastic-foam ball ■ Blue and green craft foam ■ Blue and green netting ■ Blue metallic chenille stem ■ Blue glitter glue ■ Blue sequins ■ Small scrap of yellow craft foam for the mouth

For Ladybug: 1. Cut plastic-foam ball in half. Cover the rounded sides with glitter glue. 2. Cut the body, wings, and mouth out of craft foam. (Use photo, *above,* as a guide.) 3. Cut several more layers of wings out of the netting. 4. For the antennae, with a pencil poke two small holes into the center of the body toward the back of where the eyes will be positioned. Fold the chenille stem in half. From the bottom, push the ends up through the holes. Shape the antennae. 5. With a parent's help, hot-glue the underside of the foam body to the back of the glove so that the finger/legs extend beyond the face. 6. Hot-glue the front of the foam wings in place. Carefully glue the ends of the netting wings under the foam wings, bunching the layers together so that they lift up the foam wings. 7. Hot-glue the black pom-poms to the ladybug wings. 8. Hot-glue the plastic-foam eyes in place. Hot-glue the white pom-poms to the plastic-foam balls. Cut circles from craft foam for the pupils of the eyes and hot-glue to white pom-poms. Hot-glue mouth in place.

For Fly: Cut plastic-foam ball in half. Cover the rounded sides with glitter glue. Push sequins into the wet glue. All the other steps are the same as for the Ladybug (with appropriate colors) except for the wings: Touch up the fly's wings with a glitter glue (see photo, *above*).

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For him there's nothing worse than waking up cold, wet and alone.

Except waking up cold, wet and surrounded by friends.

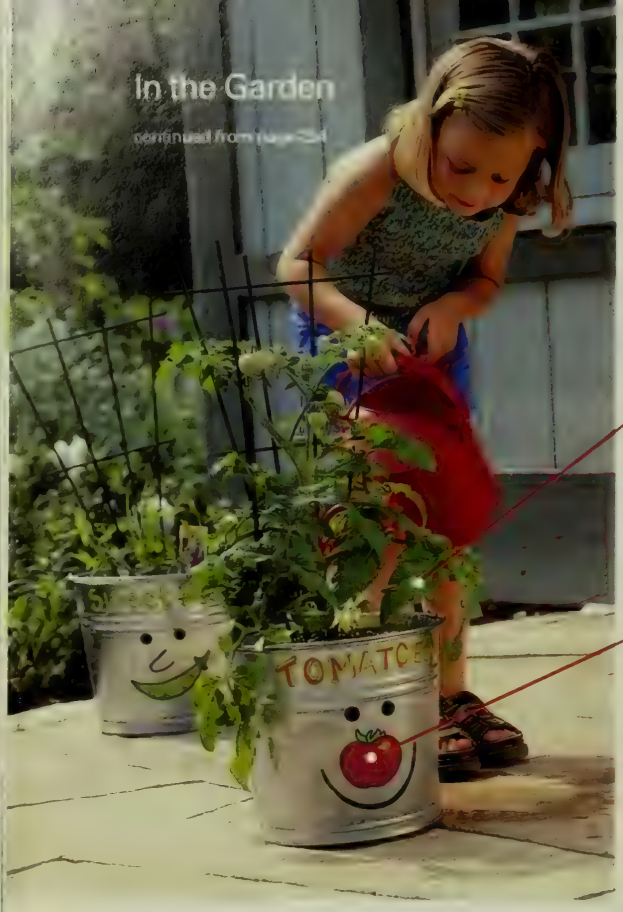


orst fear: that somewhere, at some point, his friends will find out he wets his bed. And he's not even million kids wet their beds, often the result of a bladder that simply hasn't grown as fast as of their body. And for them we offer GoodNites® absorbent underpants. Designed for kids 45 to nds, they're disposable underpants that protect your child overnight. They've been improved r protection and fit, so they look and feel even more like regular underwear. And since he's the son who'll know he's wearing them, they come with other benefits. Like privacy. Independence. ce. Things that will make you both sleep easier. Please visit www.goodnites.com to learn more.



GOODNITES® MEAN GOOD MORNINGS™

continued from page 254



Track the growth of your plants with an easy-to-make Garden Marker.

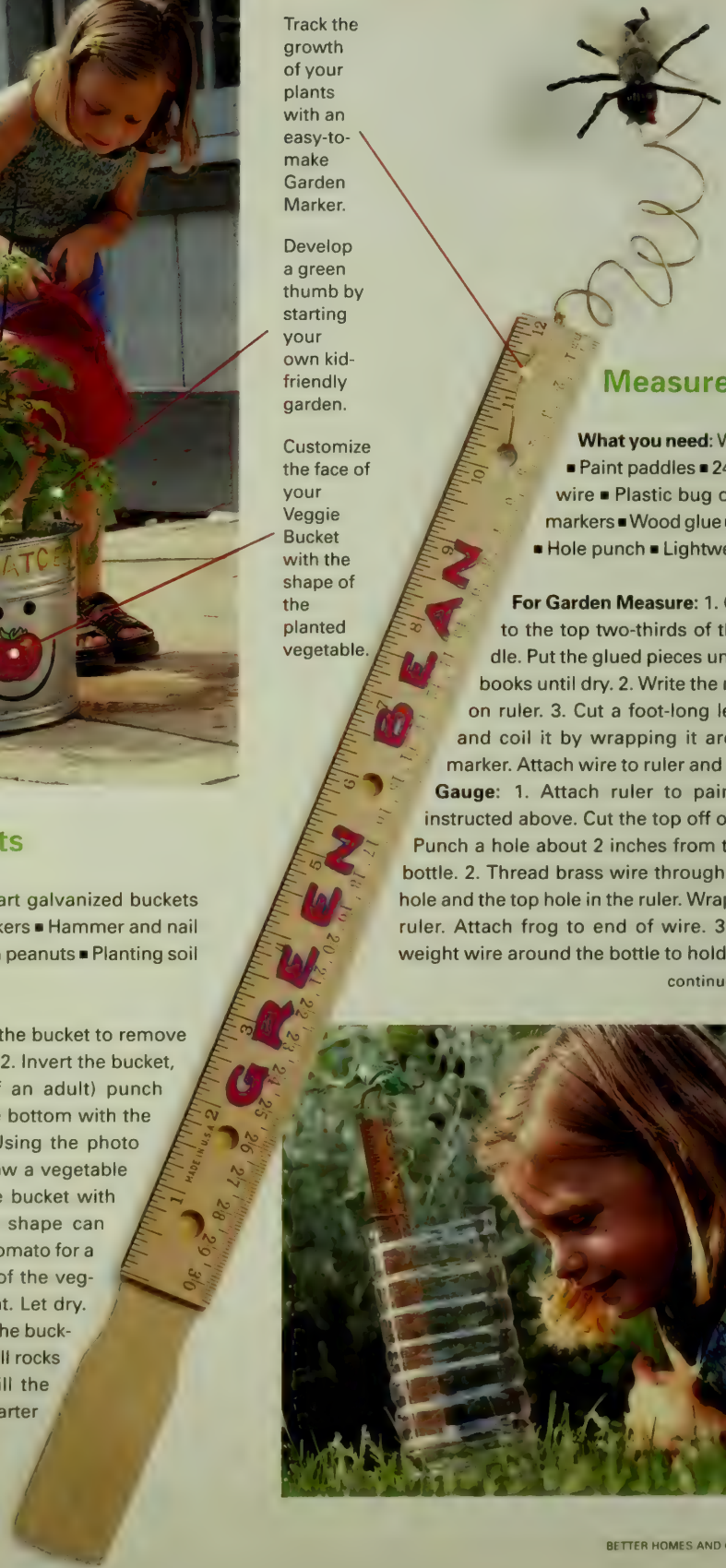
Develop a green thumb by starting your own kid-friendly garden.

Customize the face of your Veggie Bucket with the shape of the planted vegetable.

Veggie Buckets

What you need: 12-quart galvanized buckets ■ Detergent ■ Paint markers ■ Hammer and nail ■ Small rocks or packing peanuts ■ Planting soil ■ Small trellis

1. Wash the outside of the bucket to remove manufacturing grease. 2. Invert the bucket, and (with the help of an adult) punch drainage holes into the bottom with the hammer and nail. 3. Using the photo (*above*) as a guide, draw a vegetable face on the side of the bucket with paint markers. A pea shape can serve as a mouth, or a tomato for a nose. Write the name of the vegetable you plan to plant. Let dry. 4. Cover the bottom of the bucket with one layer of small rocks or packing peanuts. Fill the bucket with dirt. Add starter plant and trellis.



Measure Awa

What you need: Wooden ■ Paint paddles ■ 24-gauge ■ wire ■ Plastic bug or frog ■ markers ■ Wood glue ■ Plastic ■ Hole punch ■ Lightweight wir

For Garden Measure: 1. Glue the to the top two-thirds of the paint dle. Put the glued pieces under a sta books until dry. 2. Write the name of on ruler. 3. Cut a foot-long length of and coil it by wrapping it around a marker. Attach wire to ruler and bug. **For Gauge:** 1. Attach ruler to paint padd instructed above. Cut the top off of a tall b Punch a hole about 2 inches from the top c bottle. 2. Thread brass wire through the pun hole and the top hole in the ruler. Wrap wire ar ruler. Attach frog to end of wire. 3. Wrap weight wire around the bottle to hold it in pla

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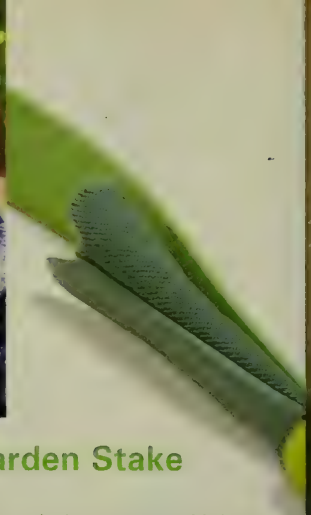
She knows that a scoop of detergent makes the clothes clean, so three scoops should really help Mommy make them sparkle.

It's not what they're doing, it's what they're becoming.

Barney™

continued from page 256







Butterfly Garden Stake

What you need: Wire window screen ■ Lightweight steel wire ■ Paint markers or dimensional paints ■ Plastic beads for eyes ■ Plant stake with round hook at the top ■ Scissors

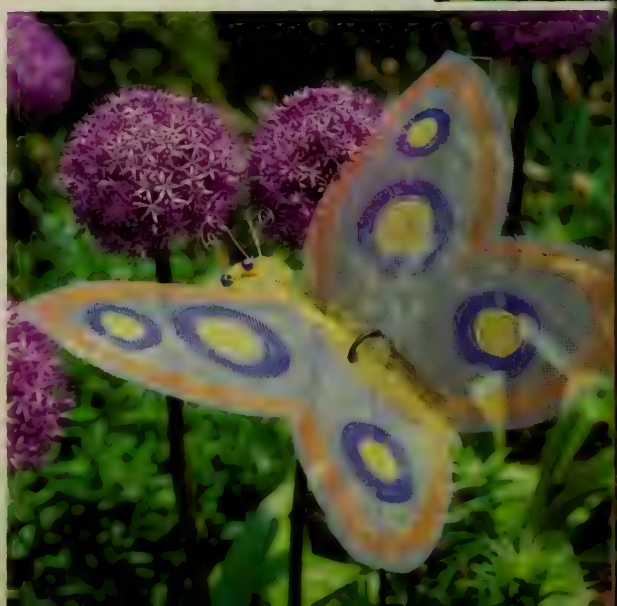
1. Make your own pattern by folding an 11×17-inch sheet of paper in half. Draw half the body and a butterfly wing along the folded edge. Cut the drawing out and unfold the pattern. 2. Lay the pattern on the window screen. Trace around the paper with a paint marker. Cut your insect out of the screen. Lay the screen insect on newspapers and decorate it with paint. Let dry. 3. Bend the body in half. Punch two holes in the center of the body. Thread stake through the holes. 4. For antennae, cut a 7-inch piece of wire, fold it in half, and thread through the head. Curl ends. 5. For eyes, attach beads using short pieces of thin steel wire. For dragonfly, make your pattern and repeat above steps.



Slithering Snake

What you need: Green vinyl gardening glove ■ 5 green pom-poms for eyes and rattle ■ 2 small green pom-pom nostrils ■ Red, black, and white craft foam scraps ■ 18×1½-inch strip of green craft foam ■ Hot-glue gun

1. For the snake's head, carefully cut out the glove's thumb and forefinger, leaving them connected to each other. 2. Cut the little finger from the glove for the snake's tail. 3. Hot-glue two pom-poms to the top of the fingertip for the nostrils. (Caution: Do not wear the glove while you're doing this.) 4. Cut out a red craft foam tongue and a pair of white foam fangs. Hot-glue them in place. 5. Hot-glue three pom-poms to the tip of the glove/tail. 6. Trim the green strip of craft foam so it narrows at the tail end. Decorate with paint marker. 7. Hot-glue head and tail to foam strip.



Crackers so yummy, they'll tickle your tummy.



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t Company. Sesame Street



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The Hollywood 48-Hour Miracle Diet combines ancient wisdom with modern technology to jumpstart you to a better lifestyle.

by Pete Johnson

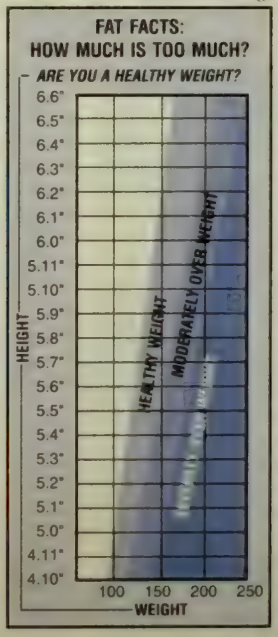




In a recent health survey, it was determined that 61% of Americans are overweight. Like most of these people, you are probably looking for a way to lose weight...without the pain, struggle and failure that come with many diet plans on the market. For many of these people, the problem is mainly one of motivation. Getting started on a diet or even a simple exercise program is difficult to do, especially when there's the added frustration of not seeing results right away. That's why the Hollywood 48-Hour Miracle Diet is different. It uses centuries-old wisdom of periodic fasting and the latest nutrition technology to help people reach their goals quickly, naturally and safely. Isn't it time you started taking losing weight seriously? The Hollywood 48-Hour Miracle Diet can help.

Detoxify your system. For centuries, many religions have used fasting, water-fasting and juice-fasting as a means for spiritual clarity, and a way to detoxify the body. Those who fasted in the ancient days apparently became many times more conscious about what they put into their bodies. By detoxifying their bodies, they enjoyed the feeling of being closer to optimum health and happiness. The Hollywood 48-Hour Miracle Diet can help you achieve weight loss through detoxification in just two days. For two days you give up all bad food habits. In place of food, you flood your body with the vitamins, minerals, antioxidants and essential oils found in the special formulation of all-natural juices and botanical extracts. And it's so easy! Just mix half of this delicious juice with an equal amount of cold water and sip it throughout the day. There's no measuring, combining foods or counting of calories.

Do your part. This amazing diet is ideal if you are looking to jumpstart your motivation for weight loss. Then, it's up to you. You've just spent two days treating your body right, and you've gotten yourself on track to healthy living. By continuing a light and healthy eating schedule that consists of more fruits and vegetables and less meats and fatty foods, you're on your way toward a brighter future. Also, exercise for 30 minutes five days a week and you don't have to be a marathon runner, walking is a perfect way to accomplish this. This weight loss system is a great way to fit into those sleek suits and sexy dresses...fast.



Hollywood's best kept secret

- Supplies 100 percent of needed nutrients
- Special formulation of all-natural fruits and juices
  - Pineapple
  - Apple
  - Orange
  - Grape
  - Apricot
  - Peach
  - Banana
- No counting calories or diet points



Don't take our word for

"I must admit that I was a little skeptica... figured, what have I got to lose? Anywa... the diet on a Saturday morning. The juic... tasty and does somehow keep the hunge... bay. I drank water throughout the day an... of the kitchen. Before starting the diet, I... ing in at 113 pounds. The next day whe... myself, I was weighing in at 109.5 poun... only day one. I still had Sunday to go. B... of the diet, I went from 113 pounds to 1... I feel better, my clothes fit better, and I d... bloated and puffy. I ordered two of these... that it would work so that I could do it a... I am glad I did."

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—by Becky Mollenkamp

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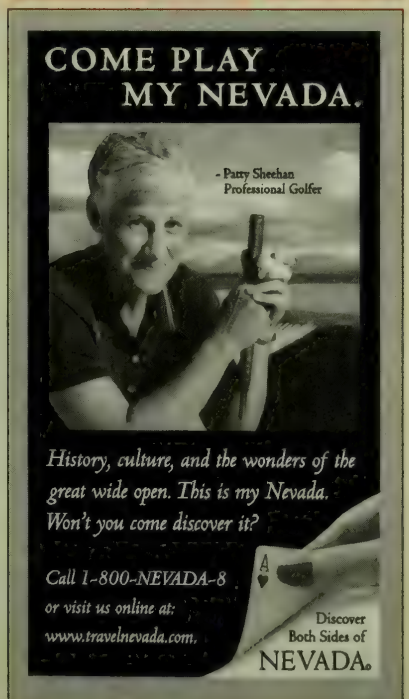
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The Mild Bunch

Radishes get to the root of what's great about fresh, seasonal veggies.

by David Feder



Round Red: This classic American radish is the most popular. Like most small radishes, it's commonly enjoyed grated or sliced raw into salads.

Easter Egg: So named because they come in a variety of colors. You'll find small oval Easter Egg radishes running the gamut from white to deep lavender.

French Breakfast: This oblong, two-toned variety has such a sweet, delicate flavor that it is often eaten for breakfast. Cut it into wedges to show off its colors.

Italian: Two great ways to enjoy Italian radishes are to pickle them whole or steam them with a sprinkle of salt and freshly ground pepper.

Watermelon: Here's a mild-flavored radish that lives up to its name with a green rind and rosy interior. These are available in larger supermarkets and farmer's markets. You'll find them almost all year long, peaking in the late summer.

White Icicle: The sweet icicle radish differs from the common Round Red more in color and shape than in taste. Serve whole with skin on, or peel and lightly sauté in a little butter or oil.

Black: This meaty radish is similar to horseradish in texture and flavor, but not as strong. Scrub well. Peel and shave into paper-thin slices or grate into slaws and salads. Or dice, and cook until soft.

Purple Plum: Slightly larger than a Round Red radish, the Purple Plum radish should be a bright magenta. It makes a colorful addition to mixed salad greens.

Daikon: This Asian giant grows up to a foot or more in length and several inches in diameter. For all its size, the pale green or cream daikon has a surprisingly light taste.

Sparkler: This peppery radish has large leaves that can be prepared in the same manner as mustard greens.

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Upstage the Bunny

ter Layer Lemon Pie

minutes
trawberry jam
d graham cracker crust (9 in.)
ADELPHIA® Cream Cheese, softened
gar
oz. each) COOL WHIP Whipped
hawed, divided
s cold milk
-serving size each) JELL-O® Lemon
tant Pudding

SPREAD jam on bottom of crust. Mix cream cheese and sugar in bowl with wire whisk until smooth. Gently stir 1/2 tub of whipped topping into cream cheese mixture. Spread over jam.

POUR milk into large bowl. Add pudding mixes; beat with wire whisk 1 minute or until blended. Gently stir in remaining 1/2 tub whipped topping. Spread over cream cheese layer.

REFRIGERATE 4 hours or until set. Garnish with whipped topping.

Makes 8 servings.



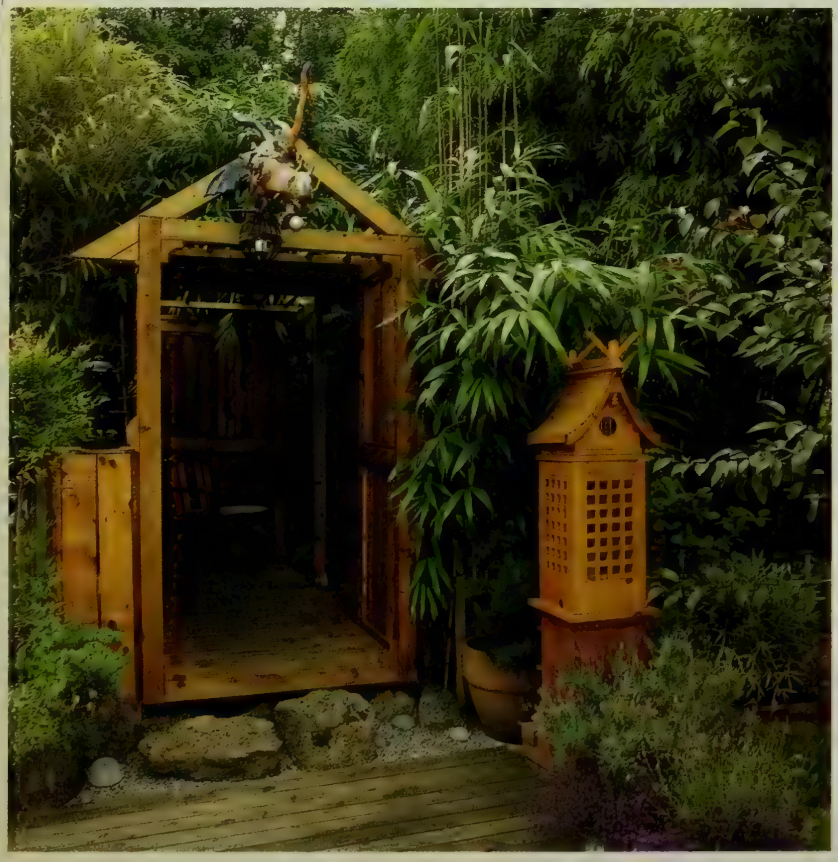
Do The Cool Whip!™

an Asian influence

by Craig Summers Black



"People say you can't have quiet and sanctuary in the city, that you need an acre in the country. But it's not true. You just keep planting stuff." —Gay Jones



"I'd always had a vision of doing Japanese-style garden," says G Jones. "But this isn't Japan, and I not Japanese. I designed my own ve sion with the materials I had availab The qualities a Japanese garden striv for are the same qualities I strive f in mine. It's not a traditional garde It's me."

Gay and her husband, Keith, a artists who like to take architectu and landscaping principles they re about and translate them into the own personal sanctuary. The two us ally relax in their Portland, Orego backyard, but they also entertai Moon-viewing parties are a favori "You can sit in the little house, fa east—and the ginkgo tree—and wat the moon rise. It's wonderful."



An arch (*above*) signals entry and transition. The garden had its beginnings in the "teahouse" (*right*). An ancient hand-carved bowl serves as a water feature (*top*).



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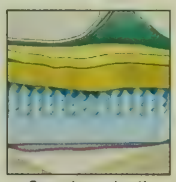
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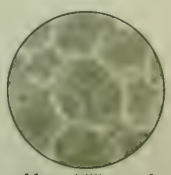
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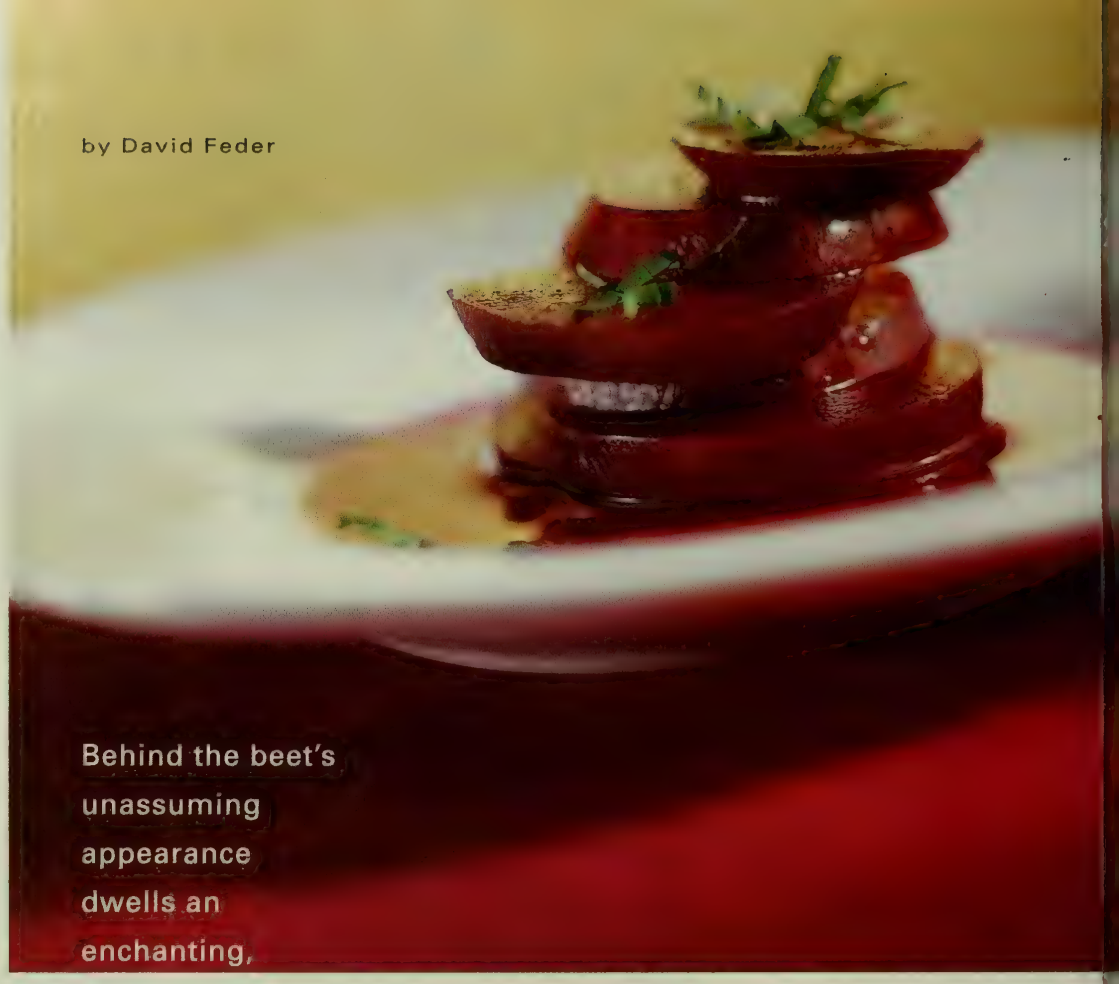
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by David Feder



Behind the beet's unassuming appearance dwells an enchanting, velvety texture and a luscious sweetness. You can boil beets, roast them, or turn them into soup—still, their succulence shines faithfully through.

Sweet as Beets

Apple-Mint Beets
Prep: 10 minutes **Cook:** 26 minutes

- 4 medium beets (about ½ lb.)
- ½ cup apple cider or apple juice
- 2 to 3 tsp. snipped fresh mint leaves

1. Wash beets well. Cut off and discard root "tails" and all but 1 inch of stems. Do not peel.

2. Cook beets, covered, in lightly salted boiling water for 20 to 25 minutes. Drain. Let cool until easy to handle.

3. Slip skins off beets under running water. Carefully slice each beet crosswise into ¼-inch-thick slices, removing and discarding remaining stem ends.

4. In a medium saucepan com beet slices, apple cider or juice half of the mint. Bring mixtu boiling over medium heat.

5. Reduce heat. Cover and sim for 6 to 8 minutes or until tender. Sprinkle with remai mint. Serve immediately. Make 6 side-dish servings.

Nutrition facts per serving: 61 0 g total fat (0 g sat. fat), 0 mg c 84 mg sodium, 11 g carbo., 3 g and 2 g pro. Daily Values: 1% v 7% vit. C, 2% calcium, and 5%

Beets come in a range of col from ivory to gold to deep mager You can even find red-and-wh "candy stripe" beets and waln sized baby beets. Beets are m plentiful in spring and summer.

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- To prevent the grooves of a from stripping the wood, put a beeswax on the screw's threads wax will also help it tighten fas
- To avoid dropping small screw nails when you're up on a la attach an adhesive-backed ma to the top shelf of the ladder. magnet will hold the hardware you're ready for it.
- When attaching molding or wood pieces to a wall, ceili other surface, remember: A fas should be twice as long as the t ness of the material it is hol Increasing the fastener's le boosts its holding power.
- When installing window treat hardware, put a small pie double-faced, cloth-backed c tape on the rear of the bracket hardware will stay in place whil drill pilot holes and drive the sc
- When drilling a hole for a s mark the spot, then make a sh depression at the center point w ice pick or awl. Nestle the dr into this spot so it won't slip o mark when you start drilling.
- To avoid leaving pencil marks marking a spot for drilling or mering, make your marks on ing tape. Simply tear away the when you're finished.

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57. **CASA PLAYA RESORT**—Discover our Fort Myers Beach hideaway. Luxury accommodations.
58. **DAYTONA BEACH**—23 miles of glimmering white sand, golf, shopping, NASCAR. Close to Walt Disney World®
59. **DIAMOND HEAD BEACH RESORT**—Family beachfront all-suite resort on Fort Myers Beach. Pool, Jacuzzi, beach bar, restaurant, activity programs. Great views.
60. **THE DIPLOMAT RESORT COUNTRY CLUB & SPA**—The Diplomat offers elite accommodations, golf, a European spa, tennis, an array of dining options in a country club setting.
61. **DORAL GOLF RESORT AND SPA**—6 golf courses, spa, pools, waterslide, tennis and shopping. 2 rooms for $129, 6/1 – 9/19/01
62. **FLORIDA'S SPACE COAST**—You'll find everything from NASA shuttle launches to three of Florida's top ten beaches.
63. **VISIT FLORIDA**—Sea Shells. Palm Trees. Indian Tribes. Interested? Send for more information.
64. **GREATER FORT LAUDERDALE**—Shopping, dining, golf and diving. Immerse yourself in Greater Fort Lauderdale.
65. **HOLIDAY INN SANIBEL ISLAND**—Sanibel's most notable beachfront resort featuring Morgan's Forest Restaurant and Lounge.
66. **KISSIMMEE-ST. CLOUD**—Request a free visitors' guide with vacation specials and reservation information.
67. **LEE ISLAND COAST**—Florida's Tropical Island Getaway. Sanibel/Captiva/Fort Myers area. Beautiful beaches, spectacular sunsets, lush islands.
68. **MARCO ISLAND**—Miles of white sand beaches and a variety of accommodations.
69. **NAPLES**—Its pleasures include an uncrowded vacation, June through November at very favorable rates.
70. **ORLANDO**—Save up to $500 on your trip to Orlando with a free Orlando Magicard®
71. **OUTRIGGER BEACH RESORT**—Beachfront resort offering summer special packages starting from $510 per week. Restrictions apply.
72. **PALM BEACH COUNTY**—Save with "$1,000 Worth of the Palm Beaches Free" coupon book.
73. **PENSACOLA**—Relax on the perfect Florida vacation with sunshine, sand and surf and great fun for the whole family.
74. **ROYAL SHELL VACATIONS**—Sanibel-Captiva: 230 private condominiums or homes on or near beach. Golf and fishing available.
75. **SANIBEL ACCOMMODATIONS**—Beach front condos and homes. Vacation rental offering only the best in accommodations.
76. **SUNDIAL BEACH RESORT**—The only full-service beachfront resort located on Sanibel Island offering a variety of tropical experiences.
77. **TAMPA BAY**—From rollercoasters to rolling surf, wildlife to nightlife, your Florida vacation starts in Tampa Bay.
78. **VIP REALTY GROUP, INC.**—Delightful accommodations on Sanibel/Captiva/Upper Captiva Islands and Fort Myers.
79. **WATERSIDE INN ON THE BEACH**—Classic Olde Sanibel Beach Resort. Charming, elegant, updated, designer Key West flair. World-class beach.
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Hotels

81. **DAYS INN PA AND MID-ATLANTIC**—Send for 15% savings coupon and free travel brochure at participating Days Inns throughout the Mid-Atlantic.
82. **DAYS INN—PENN WEST ALLIANCE**—For Rock Bottom Savings on accommodations in Western Pennsylvania send for brochure on featured hotels and attractions.
83. **ALL HOTELS OFFERS**

Illinois

84. **SPRINGFIELD**—Historic Lincoln sites, Route 66, Frank Lloyd Wright, State Fair and more! Free Visitor's Guide!

Indiana

85. **BREAKAWAY TO BLOOMINGTON**—Get Out and Play in this cool college town everybody loves! Send or call for a packet.
86. **COLUMBUS AREA VISITORS CENTER**—Different by Design. National Landmark sites, outdoor activities, shopping, arts, architecture.
87. **HAMILTON COUNTY**—Conner Prairie Museum, premier golf/hotel packages, B&Bs. Just north of Indianapolis.
88. **INDIANA TOURISM**—Send for your free Indiana Travel Guide and Map.
89. **GREATER LAFAYETTE, INDIANA**—Experience a 1920's living history farm, Feast of the Hunters' Moon, Wolf Park.
90. **MARION/GRANT COUNTY**—James Dean Country. Movie star's hometown, festivals, five great bed and breakfasts, and more!
91. **RISING SUN**—Experience the unique spirit of a real rivertown community.
92. **SOUTH BEND/MISHAWAKA**—Explore our legends in South Bend/Mishawaka, located in Northern Indiana—Notre Dame, College Football Hall of Fame, Studebaker National Museum, Copshaholm, the Oliver Mansion, the Grape Road Shopping Area . . . Come, Live the Legends!
93. **TERRE HAUTE**—Check out our FREE brochure for a list of accommodations and local points of interest.
94. **ALL INDIANA OFFERS**

Iowa

95. **AMANA COLONIES**—Seven historic villages nestled in the scenic Iowa River Valley.
96. **BURLINGTON**—Visit historic Burlington, Iowa, nestled on the mighty Mississippi. You'll find hills of history and much more!
97. **CEDAR RAPIDS**—Many seasons, many reasons. Call today for your free area visitors guide!
98. **CLEAR LAKE/MASON CITY**—Enjoy enticing excursions on the lake and trolley rides. Visit the Meredith Willson home.
99. **DES MOINES**—Bring the family to Greater Des Moines! Retaining our charm and history, while offering shopping, sports, attractions and the arts.
100. **DUBUQUE**—On the Mississippi River. River Boat Casino, greyhound park, Victorian Homes, sightseeing and dinner cruises.
101. **EASTERN IOWA TOURISM ASSOCIATION**—Venture off the beaten path to see the beauty and sample the fun in Eastern Iowa.
102. **HEART OF AMERICA—IOWA MACHINE SHED**—Machine Shed Restaurant chefs prepare award-winning, home-style, made-from-scratch cookin'.
103. **HEART OF AMERICA RESTAURANTS AND INNS**—Whether it's beauty, a whirlpool suite or homestyle, made-from-scratch cookin'—100 percent satisfaction is guaranteed.
104. **IOWA CITY/CORALVILLE**—Experience the Old Capitol, Big Ten sports, incredible shopping, entertainment and dining!
105. **IOWA TOURISM**—Come Be Our Guest!™ Order your NEW FREE publications today: Iowa Travel Guide—all about attractions, adventures and accommodations; Calendar of Events—special events; Iowa Map—how to get there.
106. **MUSCATINE**—Along the Great River Road. Pearl of the Mississippi offers outdoor recreation, antiquing and historic charm!
107. **VISIT WATERLOO/CEDAR FALLS**—Golfing, recreational trails, arts and culture, shopping.
108. **ALL IOWA OFFERS**

Kentucky

109. **KENTUCKY DEPARTMENT OF TRAVEL**—Dream vacations, in a convenient getaway size. Send for your FREE Great Getaway Guide.

Maine

110. **SCOTIA PRINCE CRUISES**—Vacations on M/S Scotia Prince cruise ship/car ferry sailing daily between Portland, Maine and Nova Scotia.

Maryland

111. **MARYLAND TOURISM**—Send for a free Maryland travel guide and calendar of events.
112. **OCEAN CITY**—The perfect family vacation. Beach. Boardwalk. Restaurants. Golf. Get away to it all.
113. **QUEEN ANNE'S COUNTY**—Spicy, steamed Maryland Crabs and other delicacies, fresh from the Chesapeake Bay!
114. **SOUTHERN MARYLAND**—Discover the region where Time and Tide meet for the perfect getaway adventure.
115. **ALL MARYLAND OFFERS**

Michigan

116. **BOYNE USA RESORTS**—171 Holes of Golf and Fun for the whole family.
117. **FRANKENMUTH—MICHIGAN'S LITTLE BAVARIA!**—Over 100 shops and attractions.
118. **HOLLAND AREA CONVENTION AND VISITORS BUREAU**—Enjoy our award-winning downtown, sun-drenched beaches and Dutch attractions. FREE brochure and events calendar.
119. **THE HOMESTEAD**—America's Freshwater Resort. Vacation on Lake Michigan's sandy shores. Superb accommodations, dining, recreation.
120. **KALAMAZOO COUNTY SOUNDS LIKE FUN**—Southwest Michigan is the perfect summer getaway. Classic Cars. An Air Zoo. The Nature Center. And much more. FREE Brochures.
121. **VISIT MACKINAW!**—Where history and hospitality meet. Live entertainment, shopping, attractions, Mackinac Island, and more.
122. **MARQUETTE COUNTRY**—Discover how civilized our wilderness can be . . . experience Michigan's Upper Peninsula in Marquette Country.
123. **PETOSKEY—HARBOR SPRINGS—BOYNE COUNTRY**—Head north to Michigan's lakeside resort towns. Victorian charm, world-class golf, delightful shops and natural beauty await you. Free brochures.
124. **ST. IGNACE**—Just north of the Mackinac Bridge, a charming waterfront community awaits. Mackinac Island ferries, excellent lodging, dining and shopping. Free vacation guide.
125. **MICHIGAN'S UPPER PENINSULA**—Magnificent waterfalls, towering sand dunes, and shoreline on three Great Lakes. Stately lighthouses, nautical museums, colonial forts and more. FREE 88-page Travel Planner.
126. **ALL MICHIGAN OFFERS**

Minnesota

127. **EXTRAORDINARY EAGAN**—Offers 25% off rooms October–June near Mall of America. FREE Brochure/coupons.
128. **MALL OF AMERICA**—Nation's largest shopping and entertainment complex. Great hotels in nearby Bloomington, MN.
129. **EXPLORE MINNESOTA**—Take home a story. Free travel guide explores our woods, waters, prairies, and the vibrant Twin Cities.
130. **NORTHEASTERN MINNESOTA**—Discover the unmatched beauty of the Wild North Wilderness. Free Discovery Guide.
131. **ALL MINNESOTA OFFERS**

Mississippi

132. **MISSISSIPPI GULF COAST**—"Playground of the South." 26 miles of beaches, casinos, golf, historic sites, shopping and deep-sea fishing.
133. **VICKSBURG**—Civil War battlefield, museums, historic inns, southern cuisine, riverboat rides and casinos.
134. **ALL MISSISSIPPI OFFERS**

Missouri

135. **HYATT REGENCY CROWN CENTER**—The place to play and stay. Come visit us soon.
136. **JOPLIN**—Missouri's fourth largest metro area. Joplin Museum Complex, auto racing at 66 Speedway, Precious Moments Chapel and George Washington Carver National Park. Horse shows and rodeos at Royalty Arena.
137. **KANSAS CITY**—Discover a city that blows you away! Kansas City offers thousands of things to see and do.
138. **LAKE OF THE OZARKS**—54,000-acre lake, breathtaking scenery, golf, fishing, shopping, outlet mall, music, caves, many leisure options.
139. **FREE 2001 MISSOURI VACATION PLANNER**—Includes map, travel guide and events calendar. Missouri—Where the Rivers Run.
140. **PLATTE COUNTY—KCI AREA**—Kansas City's Best Address! Free Harley-Davidson plant tours, antique shopping, eclectic boutiques, 4-star dining, romantic B&B's.
141. **SPRINGFIELD**—Home of Bass Pro Shops Outdoor World and just 30 minutes to Branson.
142. **ST. JOSEPH**—Pony Express, Jesse James, Victorian Tour Homes, museums, unique attractions. Family friendly!
143. **EXPLORE ST. LOUIS**—Send for the Official St. Louis Visitors Guide to help you plan a weekend getaway or family vacation.
144. **STARLIGHT THEATRE**—Kansas City's premiere outdoor theatre, featuring the best of Broadway musicals and concerts.
145. **TABLE ROCK LAKE**—FREE 100-page vacation guide. Fishing, accommodations, golf, Branson attractions, lake activities and more!
146. **WORLDS OF FUN**—Worlds of Fun is 175 acres of exciting rides, fabulous shows and entertaining attractions.
147. **ALL MISSOURI OFFERS**

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148. **GLACIER COUNTRY**—In Western Montana, find Glacier National Park, wildlife and scenery. Send for your travel guide.

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149. **NEBRASKA**—Discover America's Frontier where t… comes alive. Free Nebraska Traveler™ guide.

Nevada

150. **NEVADA**—Discover yourself in Nevada, home of w… gaming excitement, celebrity entertainment, spectacul… events, and scenic, cultural, and historic wonders.

New Hampshire

151. **LAKES REGION AND WHITE MOUNTAIN… NEW HAMPSHIRE**—Where great vacations hap… day. Enjoy the beautiful scenery while you explore the … tions and outdoor activities, choose from dozens of … accommodations and experience a fun-filled vacation.
152. **FREE NEW HAMPSHIRE VACATION KIT**—… information on lodging, dining, events, attractions, and …
153. **ALL NEW HAMPSHIRE OFFERS**

New Jersey

154. **NEW JERSEY & YOU… PERFECT TOGET…** Experience our history, 127 miles of beaches, and glim… no nightlife.

New York

155. **ALBANY**—Albany comes alive with festivals, arts a… ment, historic tours and first-class hotels, shops and res…
156. **BINGHAMTON**—2001 State Summer Festival sit… baseball, events, arts and entertainment, carousels—… vacations.
157. **GREATER BUFFALO**—Incredible Niagara Falls, … Theater District of Buffalo, fantastic shopping and dini… musicians and thrilling professional sports. Family fun … round outdoor thrills. Free guide.
158. **CAPITAL-SARATOGA REGION**—Come exper… toric sites, antiquing, shows, water sports, cultural act… horse racing.
159. **CHAUTAUQUA—ALLEGHENY. FOR THE … LIFE!**—World-class golf and fishing. Sailing and sym…
160. **DUTCHESS COUNTY**—Tour historic sites. Enjoy… events and scenic beauty of the Hudson Valley, 1 1/2 … of New York City.
161. **THE FINGER LAKES**—Glacier-carved lakes, 100… over 70 wineries, history, family attractions, shopping. … world, just around the corner!
162. **FINGER LAKES WINE COUNTRY**—A specia… scenic beauty, American heritage, and fine wine.
163. **GATEWAY TO THE ADIRONDACKS**—Fulton … Foothills of the famed Adirondack Mountains along the … the Great Sacandaga Lake.
164. **GENESEE COUNTY**—45 minutes from Niagara … to Six Flags, over 1,000 hotel rooms!
165. **LAKE GEORGE/ADIRONDACKS**—Your favor… is here!
166. **LONG ISLAND**—Long Island goes to great length… to visit. Come see! FREE travel guide.
167. **NEW YORK STATE**—Beautiful beaches and brea… waterfalls. Exciting tours and the great outdoors. Disco… York's many treasures.
168. **NEW YORK STATE CANAL SYSTEM**—Cru… and unlock the adventures on the New York State Cana…
169. **NIAGARA USA**—It's absolutely wonder-full . . . wa… shopping, history, the arts, family fun and sportfishing!
170. **ORANGE COUNTY/HUDSON VALLEY**—W… wineries, Woodbury Common Premium Outlets, Hudson … cruises, and historic sites.
171. **LEATHERSTOCKING**—Home of the Mohawk Riv… Canal, Gateway to the Adirondacks. In the heart of New …
172. **PUTNAM COUNTY**—Come to where the country … Come to Putnam County.
173. **ROCKLAND COUNTY**—A little country near the … Call for Visitors Guide, or log on.
174. **SENECA COUNTY**—Heart of the Finger Lakes. W… history, canal tours, shopping and warm hospitality.
175. **SULLIVAN COUNTY CATSKILLS**—Premier d… 90 miles from New York City, Albany and Philadelphia.
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178. **BILTMORE ESTATE, ASHEVILLE**—Send for fr… tion guide to America's largest home, gardens, winery a…
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OKLAHOMA, NATIVE AMERICA™—A great getaway state! Free travel guides available.

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CARLISLE EVENTS—AUTOMOTIVE—Presenting an unparalleled schedule of the world's largest automotive events. Fun for the whole family!

CENTRE COUNTY—Penn State Country! Exciting attractions, events, dining and entertainment—the Heart of Pennsylvania!

CHESTER COUNTY—Home to the Brandywine Valley. Free visitors guide and information on local attractions.

COLUMBIA MONTOUR VISITORS BUREAU—Explore our covered bridges, festivals, antiques, nature preserves and cultural events. Send for information.

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DAYS INN—PENN WEST ALLIANCE—For Rock Bottom Savings on accommodations in Western Pennsylvania send for brochure on featured hotels and attractions.

DELAWARE COUNTY'S BRANDYWINE COUNTRY—Unforgettable gardens, museums, inns and shops. Free visitor's guide/hotel packages.

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LUZERNE COUNTY/WILKES-BARRE/HAZLETON—Discover Northeast Pennsylvania. Four-season outdoor activities, historic attractions, shopping and exciting events.

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PITTSBURGH'S COUNTRYSIDE—Explore our unhurried lifestyle located near Western Pennsylvania's premiere world-class city.

212. **POCONO MOUNTAINS VACATION BUREAU**—FREE Poconos Vacation Guide ... scenic beauty, attractions, events, sports, outlets, resorts. Pennsylvania memories last a lifetime.
213. **ROCKVALE SQUARE OUTLETS**—120 big brand outlet stores in the heart of Lancaster County, PA Dutch country. No sales tax on clothing or shoes!
214. **VALLEY FORGE**—America's largest retail shopping mall, history, museums, gardens, festivals. 30 minutes from Philadelphia.
215. **"REAL OUTLETS" VF FACTORY OUTLET**—1/2 off lowest ticketed price. Vanity Fair, Lee, Wrangler, JanSport, Healthtex.
216. **WILLOW VALLEY RESORT**—346 rooms, award-winning restaurants, 3 pools, golf, tennis, fitness center; free bus tour, duck pond. "Kids Stay and Eat Free" packages.
217. **YORK COUNTY**—Factory tour capital of the U.S.A.! Free brochure.
218. **ALL PENNSYLVANIA OFFERS**

Rhode Island

219. **NEWPORT**—Beautifully preserved mansions, historic inns and resort hotels. Excellent restaurants, museums and other attractions year round.
220. **RHODE ISLAND**—Legendary Newport. Captivating cultural Providence. Soothing South County. Spectacular 400 mile seacoast.
221. **ALL RHODE ISLAND OFFERS**

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222. **CUSTER STATE PARK**—73,000 acre vacation paradise: buffalo, mountain streams, lakes, scenic drives, resorts, camping.
223. **SOUTH DAKOTA**—For South Dakota vacation packages and getaways.
224. **ALL SOUTH DAKOTA OFFERS**

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225. **COME TO JOHNSON CITY, TENNESSEE**—Come see an American original.
226. **PIGEON FORGE**—Get your free Travel Planner with information on our attractions, theaters, outlet malls, restaurants and Dollywood.
227. **ALL TENNESSEE OFFERS**

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228. **AMARILLO CONVENTION & VISITOR COUNCIL**—Step into the REAL Texas and see Palo Duro Canyon, America's second-largest canyon.
229. **AUSTIN**—"Live Music Capital of the World" is more than a slogan; it is a fact.
230. **BANDERA**—Cowboy Capital of the World. Horseback riding, rodeos, parks, western music and craftsmen and more.
231. **CITY OF BOERNE**—Just minutes north of San Antonio, Boerne is the Hill Country's great year-round attraction.
232. **DALLAS CONVENTION & VISITORS BUREAU**—Vibrant, exciting, diverse, western heritage, shopping, sports, arts, nightlife, dining, amusement parks. Free visitors packet.
233. **DENTON**—Discover the historic courthouse square, arts, culture, shopping and recreation. Close to D/FW Metroplex.
234. **FORT WORTH**—Enjoy the best of cowboys and culture, with museums, sports, shopping and Western heritage.
235. **FREDERICKSBURG**—German heritage, Texan hospitality and fabulous shopping in the heart of Texas Hill Country.
236. **GRAND PRAIRIE/DALLAS-FT. WORTH**—Center of the D/FW Metroplex. Home of 3 major D/FW attractions.
237. **GRAPEVINE**—In the heart of the D/FW Metroplex, this historic community offers unique shopping, seven winery/tasting rooms and steam train excursions.
238. **HOUSTON**—A place of amazing diversity. You'll think the world of this city.
239. **KERRVILLE**—The heart of the Texas Hill Country on the Guadalupe River. One hour west of San Antonio on IH-10.
240. **LAKE CONROE**—Fantastic water sports, fishing, sternwheeler cruises, great golf, hiking, bird-watching and outlet shopping. Send for free information.
241. **LEWISVILLE**—International golf capital of Texas plus great shopping, sparkling lakes, easy access to Metroplex.
242. **LUFKIN**—You'll love Lufkin! Home of the largest lake, museums, zoo, and the #1 golf course.
243. **MENGER HOTEL, SAN ANTONIO**—Next to The Alamo, IMAX, Rivercenter Mall at The River Walk.
244. **NACOGDOCHES**—Slow down and experience Texas history at its finest in the Oldest Town in Texas.
245. **THE GREATER NEW BRAUNFELS CHAMBER OF COMMERCE**—Come enjoy our two clear, clean rivers, our fine restaurants, unique shopping, festivals and celebrations.
246. **PLANO**—The "Hot Air Balloon Capital of Texas". Minutes north of downtown Dallas. Shopping, restaurants, entertainment. Where visitors PLAN TO HAVE FUN.
247. **SAN ANTONIO**—Discover our storybook River Walk, Alamo, Spanish Colonial Missions, SeaWorld San Antonio and Six Flags Fiesta Texas.
248. **SOUTH PADRE ISLAND**—A two-nation vacation. Sun, sand, beaches, nature trails. Send for information.
249. **TEXAS TOURISM**—FREE Texas Travel Guide with over 260 pages of helpful information.
250. **ALL TEXAS OFFERS**

Vermont

251. **HAWK INN & MOUNTAIN RESORT**—Boating, horses, biking, hiking, kids camp, fishing, relaxation.
252. **HILDENE**—Historic former home of Abraham Lincoln's descendants in Manchester, VT. Tours conducted mid-May through October.
253. **JOSEPH SMITH MEMORIAL**—Birthplace of the prophet Joseph Smith. Free daily tours year-round. Visitors welcome.
254. **LAKE MOREY INN RESORT**—18-hole championship golf course. 600-acre lake. Kids free promo. Free golf, tennis, pools, biking, boating, lakeside dining, entertainment.
255. **MID VERMONT FOR ALL SEASONS/ADDISON COUNTY**—From the Green Mountains to Lake Champlain.
256. **MOUNTAIN TOP INN & RESORT**—Riding vacations, golf, fine dining, fly fishing, claybird shooting, outdoor pool, cross-country skiing, sleigh rides.
257. **THE NORTHEAST KINGDOM**—Unparalled splendor in Vermont's most beautiful region.
258. **ROCK OF AGES VISITOR CENTER**—Exciting tours! World's largest dimension granite quarry. History, geology, technology, artistry, gifts—something for everyone.
259. **SMUGGLERS' NOTCH RESORT**—America's Family Resort! Mountainside Village. Award-winning children's programs, pools/waterslides and more! Family Fun Guaranteed!
260. **STOWE**—Central reservations and visitor information center for our legendary New England mountain village.
261. **SNOWFLAKE MOUNTAIN RESORT & SPA**—Luxury resort with deluxe accommodations, spa, golf, two restaurants, endless activities.
262. **THE MOUNTAIN ROAD RESORT**—Stowe's Intimate AAA Four-Diamond Resort. Lovely property, refined accommodations, wonderful amenities, warm personal attention.
263. **TRAPP FAMILY LODGE**—A mountain resort in the European tradition by the family that inspired "The Sound of Music."

    VERMONT TEDDY BEAR COMPANY—Largest manufacturer of hand-made teddy bears in North America. Factory tours daily. Shelburne, VT.
264. **WISE VACATIONS**—Your resource to the best in vacation rentals in Vermont.
265. **WOODSTOCK INN AND RESORT**—Golf, tennis, hiking, biking, Health and Fitness Center. 2 pools, family activities.
266. **ALL VERMONT OFFERS**

Virginia

267. **WILLIAMSBURG FLEX VACATION**—Revolutionary Fun! Two people, lodging for 3 nights, 4 days unlimited admission to Williamsburg's five major attractions, for only $499. Larger families welcomed!
268. **FREDERICKSBURG, SPOTSYLVANIA AND STAFFORD**—George Washington's hometown. Four major Civil War battlefields plus museums, wineries, a 40-block national historic district, antique and outlet shopping. 50 miles south of D.C. on I-95.
269. **HAMPTON**—Southeastern Virginia's affordable harbor-front destination. Thirty minutes from Williamsburg and Virginia Beach. FREE Vacation Guide!
270. **NEWPORT NEWS**—The Oceans, Ships, Wars, and History of America in one Tidewater vacation next to Williamsburg.
271. **VIRGINIA BEACH**—All kinds of fun with warm beaches, famous oceanfront boardwalk, ecological treasures and championship golf.
272. **ALL VIRGINIA OFFERS**

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273. **WASHINGTON, DC: THE AMERICAN EXPERIENCE**—More than just history ... history in the making.

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274. **FOND DU LAC**—Explore beautiful 400-acre Lakeside Park, climb the lighthouse. Great lodging, dining, golf, antiques, hiking trails, and historical attractions. Send for free kit today!
275. **HORICON MARSH—MARSH MELODIES**—Experience spring at Horicon Marsh where people and wildlife come together. Seven weekends of events.
276. **THE KENOSHA AREA**—Your getaway to Wisconsin! Enjoy Lake Michigan, outlet shopping, historic districts and much more! Free visitors guide.
277. **ALL WISCONSIN OFFERS**

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Buying Information

continued from page 134

holly—Plants: White Flower Farm, (address above). Seeds: Thompson & Morgan, P.O. Box 1308, Jackson, NJ 08527; 908/363-2225. **Korean fir Silberlocke**—Girard Nurseries, P.O. Box 428, Geneva, OH 44041-0428; 440/466-2881.

Considerable Containers

Pages 171-178: plants—White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/503-9624; free catalog. **Seeds**—Thompson & Morgan, P.O. Box 1308, Jackson, NJ 08527; 908/363-2225.

Family Matters

Pages 182-183: sisal carpet, hand-painted by John and Linda Albright—Judy King, 44 Spring St., Princeton, NJ 08540; 609/279-0440. **Blue pinstripe chair**—Crate & Barrel; 800/323-5461; www.crateandbarrel.com.

Pages 184-185: chandelier—Pierre Deux, 870 Madison Ave., New York, NY 10021; 800/774-3773; www.pierredeux.com. **Banquette fabric and pillows**—Robert Allen; 800/240-8189. **Counter stools**—Pier 1 Imports; for the store nearest you call 800/447-4371; www.pier1.com.

Pages 186-187: chair—Crate & Barrel; 800/323-5461; www.crateandbarrel.com. **Bedding**—Palais Royal; for more information call 800/322-3911. **Carpet**—Karastan; for a local dealer call 800/234-1120.

New Home in Town

Page 191: upper windows (Vinyl); **lower windows** (Wood-clad)—Milgard Windows, 1010-54th Ave., E, Tacoma, WA 98424; 800/645-4273. **Exterior paint** (custom mixed)—Miller Paint Co., Inc., 12812 NE. Whitaker Way, Portland, OR 97230; 503/255-0190. **Stone veneer** (Gray Cobblefield)—Cultured Stone Corp., P.O. Box 270, Napa, CA 94559-0270; 800/255-1727.

Pages 192-193: wall paint (Golfball), SW2843; **trim paint** (Vellum), SW2833—The Sherwin-Williams Co.; 800/474-3794. **Wood-burning fireplace**—Heatilator, Inc., 1915 W. Saunders St., Mount Pleasant, IA 52641; 800/843-2848. **Tile on fireplace,** "Melange Rosso" 4x4, 8x8; "Melange Memories," mix 011882, 011885, "Rosso" 4—Statements, 6140 Sixth Ave., S, Seattle, WA 98108; 206/762-8181. **Sofa, throw**—Restoration Hardware; 888/243-9720; www.restorationhardware.com. **Chair**—Kasala Furniture, 1505 Western Ave., Seattle, WA 98101; 800/527-2521. **Track lights**—Juno Lighting, Inc., P.O. Box 5065, Des Plaines, IL 60017-5065; 800/367-5866. **Area rug**—Pande Cameron & Co. of Seattle, 815 Pine St., Seattle, WA 98101; 800/624-6273. **Urns**—Project Babylon, 4957 Lake Mont Blvd., SE, Bellevue, WA 98006; 425/747-0224. **Framed photo above mantel**—homeowners' personal collection.

Pages 194-195 (*left*): dining table and chairs—David Smith and Co., 334 Boren Ave., N, Seattle, WA 98109. **Blown-glass chandelier**—Michael Roco, 1616 S. Atlantic St., Seattle, WA 98144; 206/860-5157. **Pottery**—Pine Street General, 1213 Pine St., Seattle, WA 98101. **(*Top right*): custom barstools**—Sabri/Catherine Jones, 1835 NE. 58th St., Seattle, WA 98105; 206/729-7408. **Pendant lights**—Michael Roco (address above). **Granite countertop**—Oregon Tile & Marble, 1845 SE. Third Ave., Portland, OR 97214; 503/231-0058. **(*Bottom right*): cabinets**—Canyon Creek Cabinet Co., 16726 Tye St., SE, Monroe, WA 98272; 800/228-1830. **Range and range hood**—Thermador, 5551 McFadden Ave., Huntington Beach, CA 92649; 800/656-9226; Web site: www.thermador.com. **Side-by-side refrigerator/freezer,** "Profile"—GE Appliances, GE Answer Center; 800/626-2000. **Sink and faucet**—Grohe America, Inc., 241 Covington Dr., Bloomingdale, IL 60108; 630/582-7711. **Dishes, flatware, napkins**—Pottery Barn; 800/922-5507.

Pages 196-197 (*top left*): computer monitor—Panasonic Co., Consumer Affairs, 1 Panasonic Way, Secaucus, NJ 07094; 201/348-9090. **Desk**—Kasala Furniture (address above). **Wall paint** (Roycroft Bronze Green), SW2846; **trim** (Vellum), SW2833—The Sherwin-Williams Co.; 800/474-3794. **Wood mini blinds,** "Country Wood Classics"—Hunter Douglas Window Fashions, Customer Information Center, 1 Duette Way, Broomfield, CO 80020; 800/937-7895; www.hunterdouglas.com. **Cabinets**—Canyon Creek Cabinet Co. (address above). **(*Bottom left*): tub,** "Lopez"—Hydroswirl/Maax, 600 Cameron, Sainte Marie, Quebec, Canada G6E 1B2; 800/463-6229. **Marble tile and carpet**—FinishingTouch, 17901 Bothell-Everett Hwy. #107, Bothell, WA 98012; 425/337-6611. **Wall paint** (Roycroft Copper Red) SW2839—The Sherwin-Williams Co.; 800/474-3794. **Towels**—Eddie Bauer Home; 800/426-8020; Web site: www.eddiebauer.com. **(*Right*): paint** (Roycroft Copper Red) SW2839—The Sherwin-Williams Co.; 800/474-3794. **Bedding, drapes**—Bed Bath & Beyond; 800/462-3966. **Throw**—Restoration Hardware; 888/243-9720; www.restorationhardware.com. **Tile on fireplace,** "Melange Rosso" 4x4, 8x8; "Melange Memories," mix 011882, 011885; "Rosso" 4—Statements (address above). **Vases**—Pine Street General (address above). **Curtain rods**—IKEA; 800/434-4532; www.IKEA.com. **Chair, ottoman**—Restoration Hardware; 888/243-9720; www.restorationhardware.com. **Carpet**—FinishingTouch (address above). **Picture on mantel**—antique.

Page 198 (*top left*): custom downlights in trellis rafters—MLTaylor Construction, 31127-24th Ave., S, Federal Way, WA 98003; 253/941-4162. **Steamer chairs**—David Smith and Co. (address above). **Iron table and chairs**—Eddie Bauer Home; 800/426-8020; www.eddiebauer.com. **Translucent patio cover**—GE Plastics, General Electric Co., One Plastics Ave., Pittsfield, MA 01201; 800/451-3147. **(*Bottom*): stone veneer** (Gray Cobblefield)—Cultured Stone Corp. (address above). **Exterior paint** (custom mixed)—Miller Paint Co., Inc. (address above). **Lanterns**—IKEA; 800/434-4532; or see Web site at www.IKEA.com.

Reader Shopping™

Page 58: Four Seasons Soap Dispensers—Garden Party of Vermont, 422 Webberville Rd., Barre, VT 05641; 802/470-0150.

Page 119: Dinosaur Cookie and Candy-Making Kit—Fox Run Craftsmen, 1907 Stout Dr., Ivyland, PA, 18974; and Make 'N Mold, 85 River Rock Rd., Buffalo, NY, 14207.

Page 134: Editors' Choice: Prairifire Crabapple Tree—Carroll Gardens, 444 East Main St., Westminster, MD 21157.

Page 144: *The Book of Container Gardening*—Simon & Schuster, 1230 Avenue of the Americas, New York, NY 10020.

Page 214: Perfect-Temp Thermometer with Probe—The Companion Group, 7955 Edgewater Dr., Oakland, CA 94621.

architects & designers

Stretching Skimpy Kitchens

Pages 88-90: contractor—Scott Donahue, Donahue Custom Contracting, Bothell, WA 98021; 425/485-1882.

Pages 92-94: architect—Jeffrey B. Clark, Metropolitan Design & Building Co., Inc., 7174 Manchester, St. Louis, MO 63143; 314/781-7778. **Contractor**—Curtis Hendricks, 2838 Victor, St. Louis, MO 63104; 314/772-0435.

Family Matters

Pages 181-188: interior design—Judy King, 44 Spring St., Princeton, NJ 08540; 609/279-0440. **Decorative painting**—LindaThomas, Custom Murals & Fine Art, P.O. Box 25, Westport, CT 06881.

New Home in Town

Pages 191-198: architect—Rod Novion, 3316 NE. 125th St., Seattle, WA 98125; 206/361-6133. **Interior designer**—Jan Sewell, Windermere/Capitol Hill, 1112-19th Ave., E, Seattle, WA 98112; 206/324-8855, ext. 243. **Builder**—Mark Huber, Huber Custom Building, 7069 NE. 161st St., Kenmore, WA 98028; 206/940-6902. **Landscape designer**—Steve Gold, Urban Escapes, 1256-23rd Ave., E, Seattle, WA 98112; 206/860-6960.



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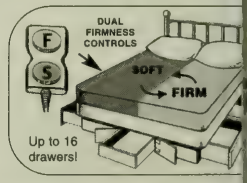
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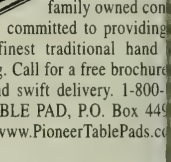


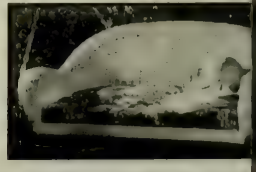
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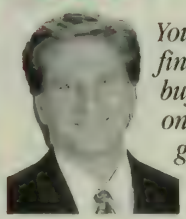
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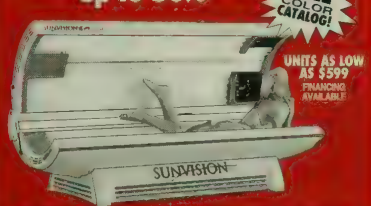


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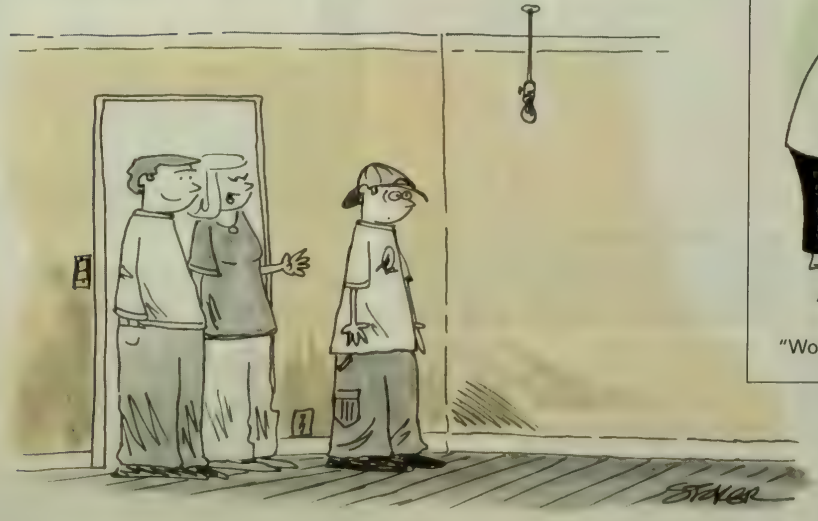
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ummer romance

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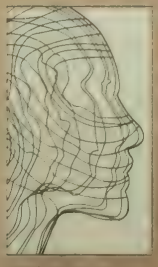
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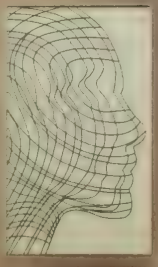
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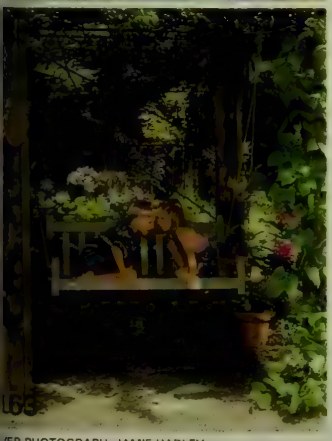
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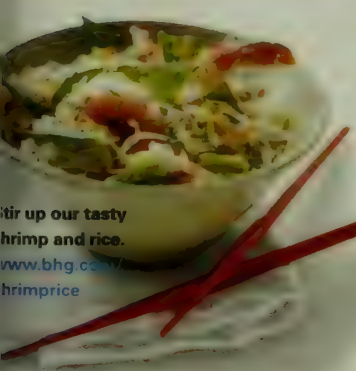

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What is it about June that makes it seem so special? Perhaps because everything seems so full of life. The long-awaited first day of summer officially arrives on June 21. Trees and shrubs are often at their freshest, and there are more flowers in bloom than at any other time of the year. Even the early Romans extolled the virtues of June as the best time for marriages. Let *Better Homes and Gardens*® Television help make June special for you. Join host Jeanette Trompeter as she travels across the country to meet some great chefs as they prepare some palate-pleasing recipes.



Weekend of June 2–3. Jeanette is in **Kansas City** to cook with Debbie Gold and Michael Smith, who are husband and wife and co-executive chefs of The American Restaurant. Jeanette helps them make an elegant braised veal shank with cilantro gremolata. Plus, gardening expert Chris Dawson shows us some easy ways to attract birds to our yards and gardens.

Weekend of June 9–10. This week Jeanette takes us to sunny **Miami Beach** to cook with author and chef Allen Susser. Together, they'll prepare two easy and delicious recipes that feature Florida oranges and tangerines. Also, Chris demonstrates the right way to properly water landscaping and garden plants. And we'll learn how to liven up fabrics using homemade fabric dyes that can be concocted right in the kitchen.

Weekend of June 16–17. Think eating healthy is time-consuming and difficult? Not according to Jane Kirby, author of the cookbook *Dieting for Dummies.* Jeanette visits the **Vermont Cooking School,** where Jane shows us the ABCs of making a healthy, fast and tasty soup supper. Then it's time to head into the garden for tips that will make this a season to remember.

Weekend of June 23–24. Mention alpine skiing in America and one of the first places many people think of is the **Taos Ski Valley** in New Mexico. We'll travel to the valley's Bavarian Lodge, where chef Mathias Klemmt makes his ever-popular après-ski fondue dinner, complete with the perfect ending: apple strudel. Plus, Chris shows us how we can dramatically transform the look of our landscape using only a few colorful plants.

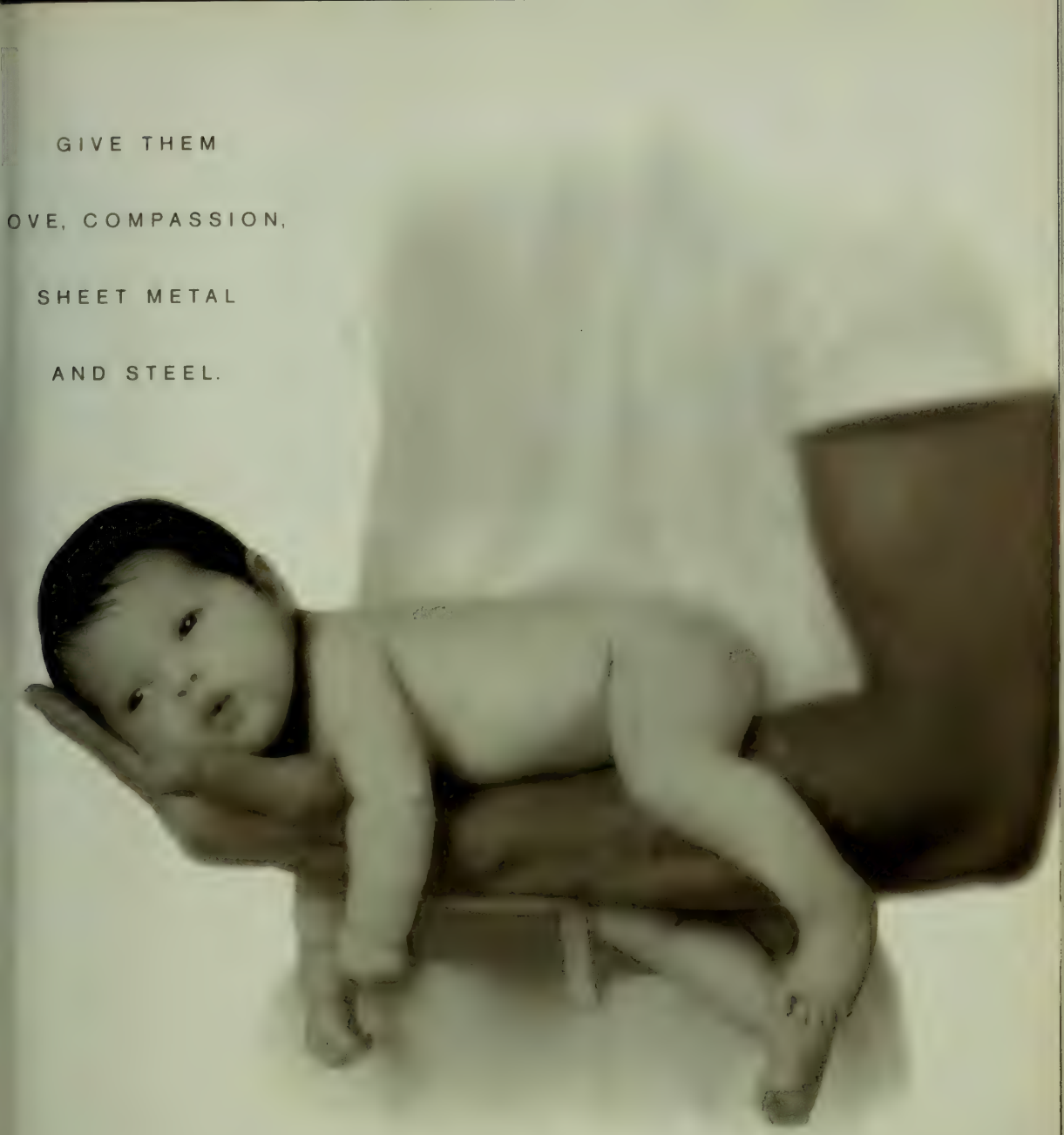
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ANDY LYONS

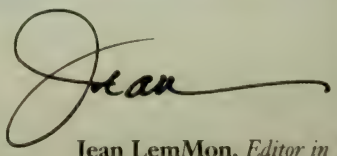
Maybe it's human nature undervalue the things we k we can count on. And ha said that, I feel a need to co that I was never more hu than one morning this w when I left the house with a long "to-do" list and found my battery dead. I rely on that car, and don't think much about it.

As I waited for my son-in-law to come jump-start the car, I mused a bit of family history—a classic example of not fully appreciating w we've come to expect. My mom was always an excellent baker an never lacked for homemade cookies in every variety and flavor. Yet dad's all-time favorite was Nabisco wafers, one of the few cookies kn to man that no woman bakes in her own kitchen.

Then I thought about how we all take for granted that June wil the very nicest month of the year even here in the Midwest where winter was so atrociously long that summer's arrival didn't necessa seem like a sure thing. For a while I feared my only brush with w weather would be on the pages of this June issue that's filled w porches, patios, and posies to inspire summer fun.

But now that our record-setting winter is, at last, behind us, I th I appreciate this summer even more than others. I'm energized and re to try some fresh, cool recipes (*page 197*); maybe add a structure (*p* 72) to my backyard; and, hopefully, create a wonderful little sanctu like the ones shown in "Come Sit a Spell" (*page 163*). I'd love to ne into a private spot in my garden and sit quietly just watching pu white dumpling clouds drift lazily across the sky while I listen to squir chatter-gossiping with each other across the tree branches.

Summer's finally here and I appreciate every day of it.



Jean LemMon, *Editor in C*

They will always fall before they fly



kids can do it the first time, they think it's too easy.
s why I insist on plastic safety gear. So pushing
limits is more of a challenge and less
risk. I want my children to learn that
fearless doesn't mean being stupid.

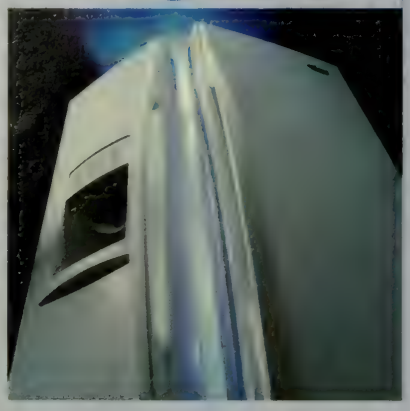
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After settling into our new home, my son and I visited our neighbors to introduce ourselves. We gave each a card with our names, address, and phone number so they could reach us. We also took along a homemade map of the area; as we visited each house, I wrote the residents' names and phone numbers next to the appropriate places. This experience taught my son how to introduce himself to others, warmed us up to our neighborhood, and helped us when the dogs wandered off.

Terri Duffy
Seattle, Wash.

Toddler finds sandbox treasures

My only child is 2 years old, and it's hard to keep her occupied for any length of time. I recently came up with an activity that holds her attention for quite a while. Without her knowing, I planted large seashells (that she can't swallow) in her sandbox. Now and then, while digging, she discovers one of these treasures. She's so pleased that she keeps looking for more!

Raeann J. Auton
Coconut Creek, Fla.

"Shopping" for scattered toys is mom's pick-up scam

Try this fun way to get your youngsters to pick up their scattered toys. Go shopping! I give each child a shopping bag with handles. We go from room to room looking for objects to "buy." When someone spots something that belongs to her, she drops it in her bag. After we've hit all the "stores," we go to our respective rooms to put away our "purchases." Voila!

Catherine Velleco
Fairfax Station, Va.

Family tips make wedding gift

Because my family received so m
wedding invitations, I neede
affordable, yet unique, idea for
I decided that my 25 years of m
tal wisdom would be a valuable
so I started writing down tips a
things I wish I'd known when I
first married. I ended up with ac
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preteens, I noticed they w
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I gave all the children a tablet,
told them anything they wrote o
was to be seen only by them and
When a tablet appeared on my
with a question or comment,
respond and return the tablet
private spot in his or her room. F
my 5-year-old participated by dr
ing pictures on her tablet.

Jane Timm
Frankfort,

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HOW COOL.

NOW MY OUTER LAYER HAS INNER PEACE.

Jergens JOURNAL



OOL AS
UMBER

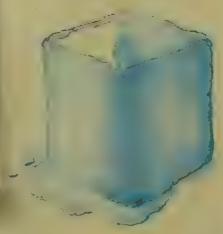


UCUMBER
ACT)





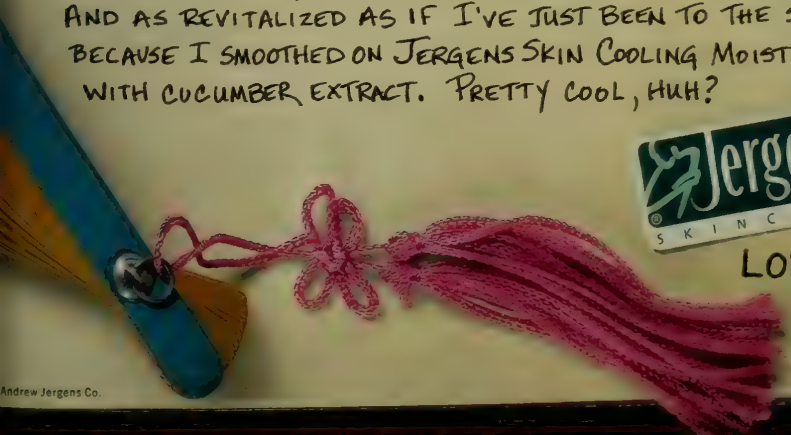
AAAHH...
REFRESHING



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A FAMILY

Summer Draperies

It's summertime, and the living is breezy. Turn to timeless warm-weather fashion fabrics and trims to give a lighter look to your windows this season.

asual everyday

ton up a bit of dress-
n style with oxford cloth
imed in a false placket
; real shirt buttons and
tonholes. Measure the
els so that both together
l 1½ times the width of
window, then add 3 inches
he width of each panel.
chine-hem the outer
es. Press back 2 inches of
h inner edge, right sides
ng. Press under ½ inch on
raw edge and topstitch
ng both fold lines to form
lse placket. Sew a casing
he top, leaving a small
le above the rod.
rrowly hem the bottom
make matching tiebacks.





After sewing the false placket, evenly space buttonholes every 6 to 8 inches. Sew corresponding buttons to the other panel. This faux placket technique works only on true oxford cloth that has no difference between the right and wrong side of the fabric.

continued on page 24

continued from page 23



Beaded ball fringe mimics the pattern in sheer dotted Swiss and is in keeping with the breezy look. Make sure your trim matches the curtain panel both in visual and actual weight. A too-heavy trim, such as a thick fringe, may drag down the fabric and distort the angle of the drape.

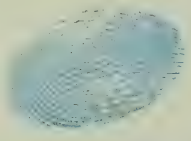
Have a ball

Get dotty over sheer curt trimmed in ball fringe. C panel that's two to three times the width of your window. Avoid piecing th panel, if possible. Narrow hem both long edges and bottom. Hem the upper e of the panel, forming a ca with a small ruffle above i Topstitch ball fringe to or side of the panel. Hang th curtain in the window. To create the tieback, use a p of string to determine the height and angle of the drawstring. Ours aligns w windowpanes when the curtain is drawn. Mark th angle with a water-erasabl fabric marker. Remove th string and curtain. Sew individual rings or ring ta along this angle on the ba of the curtain. Run a shad cord through the rings an it to the ring near the trim edge. Hang the curtain an attach a cup hook or small cleat to the window frame an anchor for the draw cor

continued on pag


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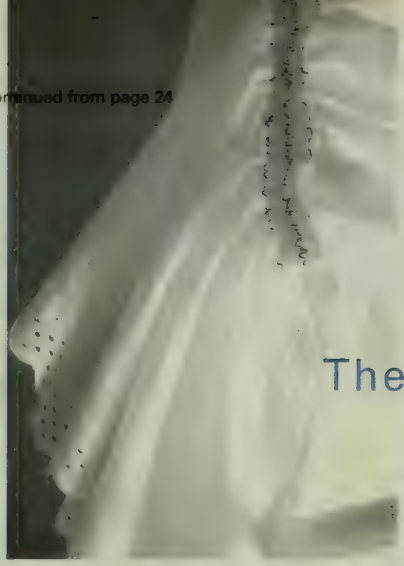
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continued from page 24



Narrowly hem the top edge of the valance, then fold it under to form a rod pocket, or casing. Sew the rod pocket only as wide as the window, allowing the remaining fabric to hang freely. Slide the rod through the pocket and hang the valance. Determine the size of the smocking bands, then sew the ends together to form a circle. Slip the bands over the valance and tack it in place.



The eyes have it

Like warm-weather frocks made of eyelet and smocking, this simple curtain and valance always looks crisp and fresh. Cut the curtain panel approximately double the width of the window and long enough so that the eyelet edge brushes the sill, allowing for a casing and generous top ruffle. Narrowly hem the side edges. Sew the top casing and ruffle using colored thread and a zigzag stitch to coordinate with the smocking trim, if desired. Use a full width of double-edged eyelet for the valance. Cut the panel so it is wide enough to balloon slightly. Ours is about 18 inches deep. Narrowly hem the bottom edge. Make a plain casing the width of the window along the top edge and hang the valance. Form loops of purchased smocking trim to gather the valance on either end, adjusting the length to create the ballooned effect.

continued on page 30

Mother's Little Gems Pendant

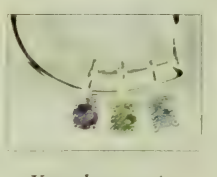
LENOX

To a mother, each child is a precious jewel. Her love for each child is the same, yet different. Now, the artists of Lenox have created an heirloom-quality pendant, reflecting a mother's special affection for her children.

The *Mother's Little Gems Pendant* is an open heart of solid sterling silver designed to be personalized with genuine birthstones—diamonds, sapphires, rubies and more—representing the months of the year. Your birthstone will be mounted at the top of the pendant, and your children's birthstones will be suspended from the heart.

For yourself or a special mother

The *Mother's Little Gems Pendant* is available direct from Lenox at $95, payable in convenient monthly installments. A Certificate of Authenticity and 20" matching chain with lobster clasp will accompany the sterling silver birthstone pendant.



You select genuine birthstones to create a unique and personal pendant. Shown actual size.

To place your order for this imported Lenox® pendant, simply select your desired birthstones from the attached Order Form. Then mail the completed form by the date indicated. Your full satisfaction is guaranteed.

JAN/Garnet		JUL/Ruby	
FEB/Amethyst		AUG/Peridot	
MAR/Aquamarine		SEP/Sapphire	
APR/Diamond		OCT/Opal	
MAY/Emerald		NOV/Blue Topaz	
JUN/Pearl		DEC/Turquoise	

Visit us at: www.LenoxCollections.com



A heart of solid sterling silver personalized with the birthstone of you and your children

Order Form • Mail by June 30, 2001

I wish to order the *Mother's Little Gems Pendant*, crafted of solid sterling silver and hand set with the birthstones I've indicated b

I need send no money now. I will be billed for my pend in five monthly installments of $19* each.

Personalization instructions: Use the following list to select the mo and children's birthstones you desire. Print the three-letter month a viations in block letters in the grids below.

JAN/Garnet	MAY/Emerald	SEP/Sapphire
FEB/Amethyst	JUN/Pearl	OCT/Opal
MAR/Aquamarine	JUL/Ruby	NOV/Blue Topaz
APR/Diamond	AUG/Peridot	DEC/Turquoise

Mother's birth month: ☐☐☐

Children's birth months (one for each child; limit 6):

☐☐☐ ☐☐☐ ☐☐☐ ☐☐☐ ☐☐☐ ☐

Signature _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____ State ____ Zip ____

Telephone (____) _____

* Plus $5.98 per pendant for shipping, handling and insurance. Your sales tax will be add

Mail to: Lenox Collections
P.O. Box 3020 • Langhorne, PA 19047-9120

LENOX

IE LENOX CRYSTAL

Butterfly

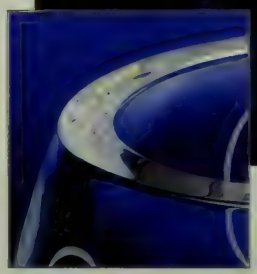
ase

Full-lead crystal
:hed with an original
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The butterfly has long symbolized the ever-changing aspect of nature. Now, the artists of Lenox have transformed the butterfly into full-
l crystal—capturing the
erfly's dance on air in an
inal work of art.
n *The Lenox Crystal Butterfly*
e, six butterflies are etched into
r crystal. The butterflies' frost-
inish alludes to their delicate
earance. At the foot of the
, 24 hand cuts bring out the
ance of the full-lead crystal.
This impressive vase is the
in a Lenox® collection of
tal butterfly art. The vase is
ilable direct from Lenox
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ithly installments. Each vase
be etched with the Lenox
mark, your assurance of
lity, and issued with a
tificate of Authenticity.
o acquire this European
ead crystal vase, simply
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The thickness of the crystal—a full 3/8" at the rim—gives it a depth that enhances its brilliance.



Vase shown smaller than actual size. Height: 9 1/4"

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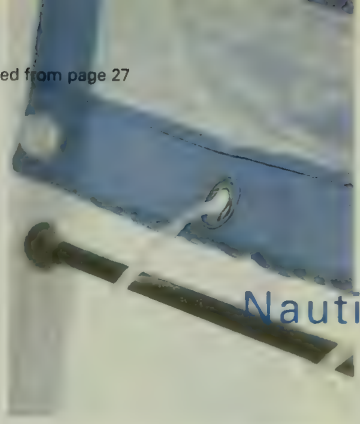
Telephone (____) _____

*Plus $6.98 per vase for shipping, handling and insurance. Your sales tax will be added.

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continued from page 27



After the shade is in place, thread rope loosely through the grommets. Knot the cord on each end and slide a metal curtain rod through the loops to weight the shade. The rod should rest just above the sill when the shade is lowered. The rod ends should align with the edge of the window so that the rod doesn't bang against the glass and possibly break it.



Nautical and nice

Grommets and rope give a sail-worthy look to a seersucker shade. A metal curta rod lashed to the bottom keeps it shipshape. Cut a fa ric panel to fit exactly insid the window, adding 3 inche to the width and 1½ inches to the length. Press under t side and bottom edges ¼ inch, then turn under a 1¼-inch hem. Topstitch. Repeat for the top, making 1½-inch rod pocket. Sew ri tape to the back of the shad along the outer edges. Spac grommets along the lower edge. Cut a 1×1 board to fi the top pocket and slide it i place. Insert screw eyes through the fabric and boar at about 8-inch intervals. T a shade cord to the bottom ring on each side. On one side, run it through the ring and across all screw eyes. O the other side, run it throug the rings and outer eye only Mount the shade with small L-brackets. Secure cords to cleat on the window frame.

For more sewing instructions, visit our Web site at www.bhg.com/extra

Buying information, page 60



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Off the Wall

by Catherine Kramer



Mix a dollop of imagination with prepasted wallpaper cutouts, and you've got the makings for a decorating treat.

Falling Stars Bring celestial spar down to earth with a star-studd area rug painted to match yo room's color scheme.

Cut a piece of floorclo canvas to size—for ease, look for t type that needs no hemming. To t side, apply gesso primer (available crafts stores), and let dry.

Apply 1½-inch painter's ta around the rug's perimeter to ma off the outer blue border. Measure 6 inches, mark a guide line arou the perimeter of the canvas, a apply 1-inch painter's tape for t inner blue border.

Using latex or acrylic paint, co the center of the floorcloth yell and the 6-inch area between ta strips paler yellow. Let dry. Remo the tape and paint the bord medium-blue. Let dry.

Arrange wallpaper cutouts on t pale yellow border, and check pla ment before adhering them to t cloth. Pick up one motif at a time a wet the back with a damp sponge t activate the adhesive. Pat (don't ru the star back into place. Contin around the rug, wiping up exc water with a towel. Let dry befo sealing the surface with a coat f clear water-based varnish.

To order wallpaper cutouts, s *page 36.*

continued on page



From Listerine — a powerful toothpaste designed for the health of your gums. Listerine Essential Care™ Toothpaste does more than fight cavities. It's so effective at killing germs, it can fight plaque and help prevent — even *reverse* — the gum disease gingivitis.

Listerine Essential Care™ Toothpaste.
For the Good of Your Gums.

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continued from page 32





Stair Swags Step up the interest plain stair risers with garlands fresh-picked posies guaranteed bloom year-round.

Choose floral motifs—fr romantic roses to coun sunflowers—that speak to your in gardener. If your stairway is vis from another room, it's best choose flowers in colors coordinate with the colors in room. If the stairway stands alo you can choose motifs in any co

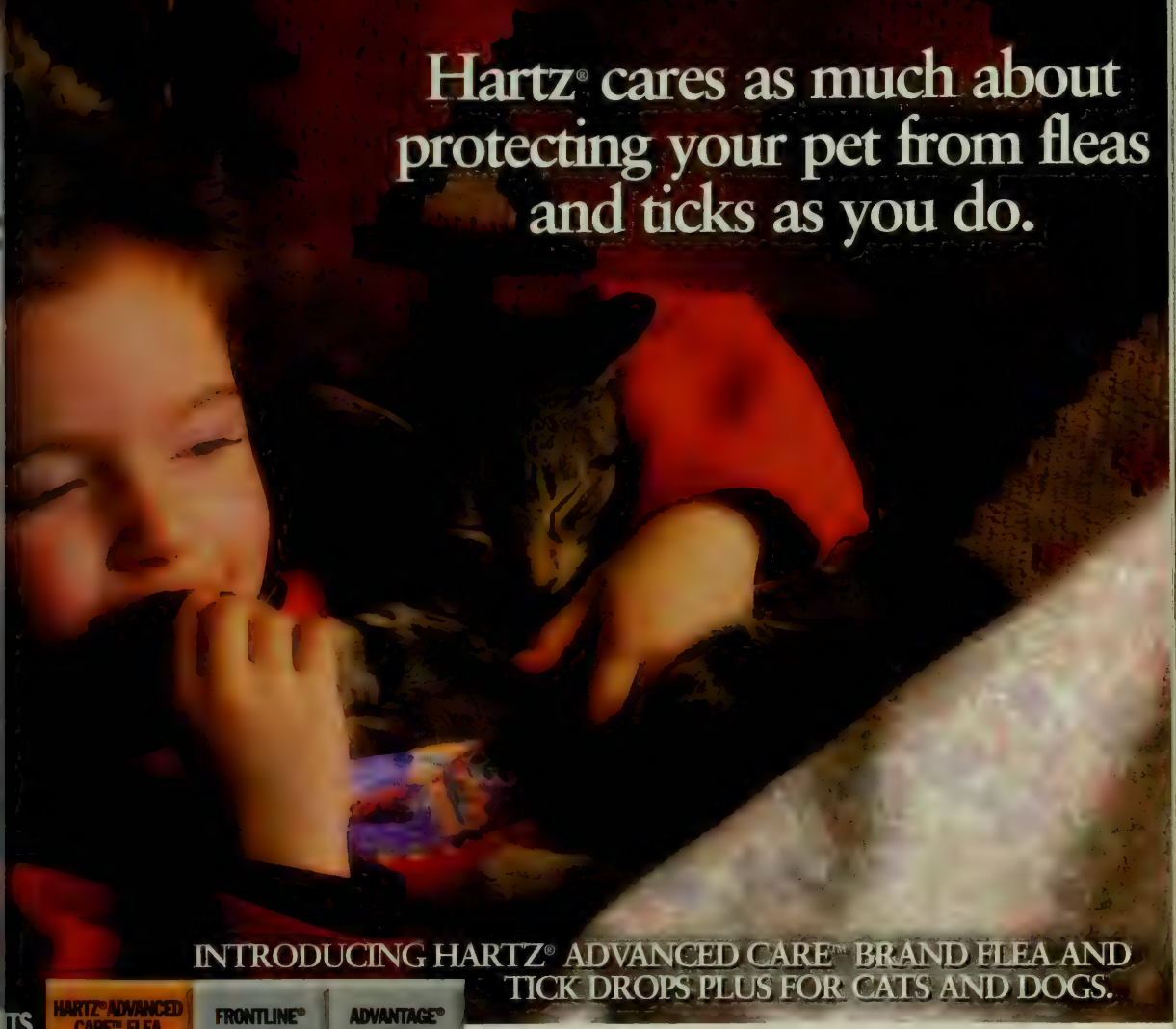
Before adhering the wallpa cutouts, tape them in place to arrangements. Mark a center po and outer boundaries on each rise the arrangements are uniform.

Mix up floral sequences so e riser boasts an individualized sw Then adhere the cutouts by mo ening the adhesive and patting motifs in place. For heavily traffic stairs and permanent displays, p tect the risers with a coat of c water-based varnish. Skip the se if you want to change the remove flowers with the season.

To order wallpaper cutouts, *page 36.*

continued on pag

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continued from page 34





Tulip Time Upgrade a planter box to fo art status with dancing tulips t have an artistic, hand-painted lo

Prime an unfinished woo planter and brush on a coat of c orful latex paint.

Create groupings of tulips that v fit all four sides of the planter. On broad front panel, there's room more than one bouquet of flowe Point two or more stems tow each other for each bouquet; cen one trio and frame it with pairs. the short side panels, center just pair of flowers.

Adhere the cutouts and let before sealing with a coat of cl water-based varnish.

When planting live plants, pla plastic insert inside the box bef filling it with soil.

To order the wallpaper cutou see the offer *below*.

reader shopping

Time-crunched do-it-yourselfers can duplicate the projects shown in this story with these handpicked collections of Wallies Wallpaper Cutouts. These prepasted, vinyl-coated, strippable wallpaper motifs give walls, furniture, accessories, and craft objects a hand-painted look—without the mess. Use the self-stick positioning dots in each pack to place the design; then wet the design's back with a moist sponge and pat in place. They adhere easily to most smooth surfaces.

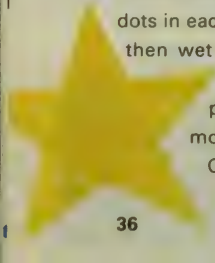
Our **Falling Stars Rug Pack** contains 75 stars in pastel pink, yellow, blue, and green. The cost is $37.95, which includes shipping, handling, and applicable sales tax.

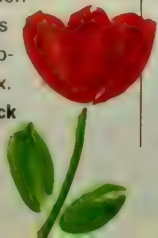
Our **Stair Swags Pack** contains 100 flowers—50 Gerbera daisies (yellow, pink, and orange) and 50 fresh flowers (equal quantities of yellow and red-orange flowers and green leaves). The cost per pack is $47.95, which includes shipping, handling, and sales tax.

The **Tulip Time Planter Pack** contains 50 tulips (equal quantities of red a orange). The cost pack is $29.95, wh includes shipping, h dling, and sales tax.



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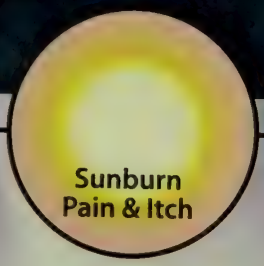




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Don't get all broken up over a shattered plate. Turn that damaged dish into a mosaic serving tray. Add a few buttons and some beads, and it all comes together in a purchased picture frame.

That's the Breaks



Lay out the broken china on a paper template, fitting the pieces tightly together. If necessary, refine their shapes with tile nippers. Following the manufacturer's directions, spread tile adhesive onto the matching oval on the tray base, then transfer the pieces to the tray.

The French and Victorians called this mosaic craft "pique assiett We call it a clever way to recycle. Damaged floral plates mak broochlike mosaic in the center of a serving tray. Bone buttons an strand of pearly beads complete the graceful old-fashioned look.

Materials: Purchased flat-front picture frame; ⅛-inch thick ha board to fit the frame opening; damaged china plates in coordinat colors and patterns; old towel; hammer; tile nippers (available rent at tile and flooring stores); tile adhesive; vintage or new bo buttons; pearl garland; grout; acrylic paint to tint the grout; spon soft lint-free cloth; felt to fit the frame back; industrial-strength g or epoxy; purchased cabinet handles.

Instructions: Cut an oval from paper for the center design, th transfer the shape to the hardboard base. Tip: An oval plate or fra makes a good pattern. Wrap damaged plates in an old towel and br them into large pieces with a hammer. Discard any pieces that do lay flat. Fit the china to the paper pattern as shown (*left*). Spread adhesive on the oval drawn on the base, and transfer the pieces to base. Spread tile adhesive over the rest of the base. Press the pe garland around the oval, then cover the rest of the frame with buttons. After the adhesive dries, mix paint with the grout until i the desired color. Spread the grout over the base, according to manufacturer's directions, using a sponge and your fingers to press grout between the pieces. Remove the excess grout with a da sponge. When the grout dries, polish off the haze with a soft clo Glue and gently tack the base into the frame, then cover the back w felt. Attach the handles to the sides of the frame. ♦

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Safety and effectiveness of NASONEX Nasal Spray, 50 mcg in pediatric patients less than 3 years of age have not been established. **CONTRAINDICATIONS** Hypersensitivity to any of the ingredients of this preparation contraindicates its use. **WARNINGS** The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency and, in addition, some patients may experience symptoms of withdrawal, ie, joint and/or muscular pain, lassitude, and depression. Careful attention must be given when patients previously treated for prolonged periods with systemic corticosteroids are transferred to topical corticosteroids, with careful monitoring for acute adrenal insufficiency in response to stress. This is particularly important in those patients who have associated asthma or other clinical conditions where too rapid a decrease in systemic corticosteroid dosing may cause a severe exacerbation of their symptoms. If recommended doses of intranasal corticosteroids are exceeded or if individuals are particularly sensitive or predisposed by virtue of recent systemic steroid therapy, symptoms of hypercorticism may occur, including very rare cases of menstrual irregularities, acneiform lesions, and cushingoid features. If such changes occur, topical corticosteroids should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy. Persons who are on drugs which suppress the immune system are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in nonimmune children or adults on corticosteroids. In such children or adults who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with vancella zoster immune globin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered. **PRECAUTIONS General:** Intranasal corticosteroids may cause a reduction in growth velocity when administered to pediatric patients (see **PRECAUTIONS, Pediatric Use** section). In clinical studies with NASONEX Nasal Spray, 50 mcg, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, use of NASONEX Nasal Spray, 50 mcg should be discontinued and appropriate local or systemic therapy instituted, if needed. Nasal corticosteroids should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract, or in untreated fungal, bacterial, systemic viral infections, or ocular herpes simplex. Rarely, immediate hypersensitivity reactions may occur after the intranasal administration of mometasone furoate monohydrate. Extreme rare instances of wheezing have been reported. Rare instances of nasal septum perforation and increased intraocular pressure have also been reported following the intranasal application of aerosolized corticosteroids. As with any long-term topical treatment of the nasal cavity, patients using NASONEX Nasal Spray, 50 mcg over several months or longer should be examined periodically for possible changes in the nasal mucosa. Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent nasal septum ulcers, nasal surgery, or nasal trauma should not use a nasal corticosteroid until healing has occurred. Glaucoma and cataract formation was evaluated in one controlled study of 12 weeks' duration and one uncontrolled study of 12 months' duration in patients treated with NASONEX Nasal Spray, 50 mcg at 200 mcg/day, using intraocular pressure measurements and slit lamp examination. No significant change from baseline was noted in the mean intraocular pressure measurements for the 141 NASONEX-treated patients in the 12-week study, as compared with 141 placebo-treated patients. No individual NASONEX-treated patient was noted to have developed a significant elevation in intraocular pressure or cataracts in this 12-week study. Likewise, no significant change from baseline was noted in the mean intraocular pressure measurements for the 139 NASONEX-treated patients in the 12-month study and again, no cataracts were detected in these patients. Nonetheless, nasal and inhaled corticosteroids have been associated with the development of glaucoma and/or cataracts. Therefore, close follow-up is warranted in patients with a change in vision and with a history of glaucoma and/or cataracts. When nasal corticosteroids are used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, NASONEX Nasal Spray, 50 mcg should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy. **Information for Patients:** Patients being treated with NASONEX Nasal Spray, 50 mcg should be given the following information and instructions. This information is intended to aid in the safe and effective use of this medication. It is not a disclosure of all intended or possible adverse effects. Patients should use NASONEX Nasal Spray, 50 mcg at regular intervals (once daily) since its effectiveness depends on regular use. Improvement in nasal symptoms of allergic rhinitis has been shown to occur within 11 hours after the first dose based on one single-dose, parallel-group study of patients in an outdoor "park" setting (park study) and one environmental exposure unit (EEU) study and within 2 days after the first dose in two randomized, double-blind, placebo-controlled, parallel-group seasonal allergic rhinitis studies. Maximum benefit is usually achieved within 1 to 2 weeks after initiation of dosing. Patients should take the medication as directed and should not increase the prescribed dosage by using it more than once a day in an attempt to increase its effectiveness. Patients should contact their physician if symptoms do not improve, or if the condition worsens. To assure proper use of this nasal spray, and to attain maximum benefit, patients should read and follow the accompanying Patient's Instructions for Use carefully. Patients should be cautioned not to spray NASONEX Nasal Spray, 50 mcg into the eyes or directly onto the nasal septum. Persons who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles, and patients should also be advised that if they are exposed, medical advice should be sought without delay. **Carcinogenesis, Mutagenesis, Impairment of Fertility:** In a 2-year carcinogenicity study of Sprague Dawley rats, mometasone furoate demonstrated no statistically significant increase of tumors at inhalation doses up to 67 mcg/kg (approximately 3 and 2 times the maximum recommended daily intranasal dose in adults and children, respectively, on a mcg/m² basis). In a 19-month carcinogenicity study of Swiss CD-1 mice, mometasone furoate demonstrated no statistically significant increase in the incidence of tumors at inhalation doses up to 160 mcg/kg (approximately 4 and 3 times the maximum recommended daily intranasal dose in adults and children, respectively, on a mcg/m² basis). At cytotoxic doses, mometasone furoate produced an increase in chromosome aberrations *in vitro* in Chinese hamster ovary-cell cultures in the nonactivation phase, but not in the presence of rat liver S9 fraction. Mometasone furoate was not mutagenic in the mouse-lymphoma assay and the *Salmonella/E. coli*/mammalian microsome mutation assay, a Chinese hamster lung cell (CHL) chromosomal-aberrations assay, an *in vivo* mouse bone-marrow erythrocyte-micronucleus assay, a rat bone-marrow clastogenicity assay, and the mouse male germ-cell clastogen[ic]. Mometasone furoate also did not induce unscheduled DNA synthesis *in vivo* in rat hepatocytes. In reproduc[tive] studies in rats, impairment of fertility was not produced by subcutaneous doses up to 15 mcg/kg (less than the recommended daily intranasal dose in adults on a mcg/m² basis). However, mometasone furoate caused [prolonged] gestation, prolonged and difficult labor, reduced offspring survival, and reduced maternal body weight gain at doses of 15 mcg/kg. **Pregnancy:** ***Teratogenic Effects: Pregnancy Category C:*** Mometasone furoate caused cleft palate in mice at subcutaneous doses of 60 mcg/kg and above (approximately 2 times the maximum recommended intranasal dose in adults on a mcg/m² basis). Offspring survival was reduced in the 180-mcg/kg group (approximately 4 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis). No such effects were observed at 20 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m² basis). In rabbits, mometasone furoate caused flexed front paws at a topical dermal dose of 150 mcg/kg (approximately 70 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis). In rats, mometasone furoate produced umbilical hernia, cleft palate, and delayed ossification at a topical dermal dose of 600 mcg/kg (approximately 30 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis). At 12[0] mcg/kg (approximately 60 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis) [cleft] palate, umbilical hernias, and delayed ossification were observed in rat pups. In these developmental studies, there were also reductions in maternal body weight gain and effects on fetal growth (lower fetal body weights and delayed ossification) in mice (60 and 180 mcg/kg), rabbits (150 mcg/kg), and rats (600 mcg/kg). In an [additional] oral prenatal study in rabbits, at 700 mcg/kg, (approximately 70 times the maximum recommended daily intranasal dose in adults on a mcg/m² basis), increased incidences of resorptions and malformations, including [cleft palate] and/or head malformations (hydrocephaly or domed head) were observed. Pregnancy failure was observed in rabbits at 2800 mcg/kg (approximately 270 times the maximum recommended daily intranasal dose in [adults on a] mcg/m² basis). There are no adequate and well-controlled studies in pregnant women. NASONEX Nasal Spray, 50 mcg, like other corticosteroids, should be used during pregnancy only if the potential benefits justify the potential risk to the fetus. Experience with oral corticosteroids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from corticosteroids than [humans]. In addition, because there is a natural increase in corticosteroid production during pregnancy, most women require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during [the] last trimester. **Nonteratogenic Effects:** Hypoadrenalism may occur in infants born to women receiving corticosteroids during pregnancy. Such infants should be carefully monitored. **Nursing Mothers:** It is not known if mometasone furoate is excreted in human milk. Because other corticosteroids are excreted in human milk, caution should be exercised when NASONEX Nasal Spray, 50 mcg is administered to nursing women. **Pediatric Use:** Controlled clinical studies have shown intranasal corticosteroids may cause a reduction in growth velocity in pediatric patients. This effect has been observed in the absence of laboratory evidence of hypothalamic-pituitary-adrenal (HPA) axis suppression, suggesting that growth velocity is a more sensitive indicator of systemic corticosteroid exposure in pediatric patients than some commonly used tests of HPA axis function. The long-term effects of this reduction in growth velocity associated with intranasal corticosteroids, including the impact on final adult height, are unknown. The potential for "catch up" growth following discontinuation of treatment with intranasal corticosteroids has not been adequately studied. The growth of pediatric patients receiving intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg, should be monitored routinely (eg, via stadiometry). The potential growth effects of prolonged treatment should be weighed against clinical benefits obtained and the availability of safe and effective noncorticosteroid treatment alternatives. To minimize the systemic effects of intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg, each patient should be titrated to his/her lowest effective dose. Seven hundred and twenty (720) patients 3 to 9 years of age were treated with mometasone furoate nasal spray, 50 mcg (100 mcg total daily dose) in placebo-controlled clinical trials. Safety and effectiveness in children less than 3 years of age have not been established. A clinical trial has been conducted for one year in pediatric patients (ages 3 to 9 years) to assess the effect of NASONEX Nasal Spray, 50 mcg (100 mcg total daily dose) on growth velocity. No statistically significant effect on growth velocity was observed for NASONEX Nasal Spray, 50 mcg compared to placebo. No evidence of clinically relevant HPA axis suppression was observed following a 30-minute Cosyntropin infusion. The potential of NASONEX Nasal Spray, 50 mcg to cause growth suppression in susceptible patients or when given at higher doses cannot be ruled out. **Geriatric Use:** A total of 203 patients above 64 years of age (age range 64 to 85 years) have been treated with NASONEX Nasal Spray, 50 mcg for up to 3 months. The adverse reactions reported in this population were similar in type and incidence to those reported by younger patients. **ADVERSE REACTIONS** In controlled US and International clinical studies, a total of 3210 adult and adolescent patients aged 12 years and older received treatment with NASONEX Nasal Spray, 50 mcg at doses of 50 to 800 mcg/day. The majority of patients (n = 2103) were treated with 200 mcg/day. In controlled US and International studies, a total of 990 pediatric patients (ages 3 to 11 years) received treatment with NASONEX, 50 mcg, at doses of 25 to 200 mcg/day. The majority of pediatric patients (720) were treated with 100 mcg/day. A total of 513 adult, adolescent, and pediatric patients have been treated for 1 year or longer. The overall incidence of adverse events for patients treated with NASONEX Nasal Spray, 50 mcg was comparable to that of patients treated with the vehicle placebo. Also, adverse events did not differ significantly based on age, sex, or race. Three percent or less of patients in clinical trials discontinued treatment because of adverse events; this rate was similar for the vehicle and active comparators. Adverse events (regardless of relationship to treatment) that were reported more common with NASONEX Nasal Spray, 50 mcg than placebo, and were reported by 5% or more of adult and adolescent patients aged 12 years and older who received NASONEX Nasal Spray, 50 mcg, 200 mcg/day (n=2103) and placebo (n=1671) and by pediatric patients ages 3 to 11 years who received NASONEX Nasal Spray, 50 mcg, 100 mcg/day (n=374) vs placebo (n=376) in clinical trials, were, for NASONEX Nasal Spray, 50 mcg and vehicle placebo, respectively: headache (17-26% vs 18-22%), viral infection (8-14% vs 9-11%), pharyngitis (10-12% vs 7-9%), nasal crusts/blood-tinged mucus (8-11% vs 6-9%), coughing (7-13% vs 6-15%), upper respiratory tract infection (4-5% vs 2-4%), dysmenorrhea (1-5% vs 0-3%), musculoskeletal pain (1-5% vs 1-3%), sinusitis (4-5% vs 3-4%), and vomiting (1-5% vs 1-4%). Other adverse events which occurred in less than 5% but greater than or equal to 2% of mometasone furoate adult and adolescent patients (aged 12 years and older) treated with 200-mcg dose and which were of less of relationship to treatment), and more frequently than in the placebo group included: arthralgia, asthma, bronchitis, chest pain, conjunctivitis, diarrhea, dyspepsia, earache, flu-like symptoms, myalgia, nausea, and rash. Other adverse events which occurred in less than 5% but greater or equal to 2% of mometasone furoate patients aged 3 to 11 years treated with 100-mcg doses vs placebo (regardless of relationship to treatment) and more frequently than in the placebo group included: diarrhea, nasal irritation, otitis media, and wheezing. Epistaxis of nasal ulcers and nasal and oral candidiasis were also reported in patients treated with NASONEX Nasal Spray, 50 mcg, primarily in patients treated for longer than 4 weeks. In postmarketing surveillance of this product, nasal burning and irritation, anaphylaxis and angioedema, and rare cases of nasal septal perforation have been reported. **OVERDOSAGE** There are no data available on the effects of acute or chronic overdosage with NASONEX Nasal Spray, 50 mcg. Because of low systemic bioavailability, and an absence of acute drug-related systemic findings in clinical studies, overdose is unlikely to require any therapy other than observation. Intranasal administration of 4000 mcg (8 times the recommended dose of NASONEX Nasal Spray, 50 mcg) daily for 29 days, to healthy human volunteers was well tolerated with no increased incidence of adverse events. Single intranasal doses up to 4000 mcg have been studied in human volunteers with no adverse effects reported. Single oral doses up to 8000 mcg have been studied in human volunteers with no adverse effects reported. Chronic overdosage with any corticosteroid may result in signs or symptoms of hypercorticism (see **PRECAUTIONS**). Acute overdosage with this dosage form is unlikely since a bottle of NASONEX Nasal Spray, 50 mcg contains approximately 8500 mcg of mometasone furoate.

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20109



hythm & Blues

ce crisp sails bobbing on an azure
, white and blue compositions
otivate the eye. Buoyant and
ezy, the colors combine for a
rant contrast that is timeless and
y to work with when molding an
ful arrangement, such as this one
ove). Its success rests on four points:

1. A single hue. White is used as a
l in this arrangement to make the
es stand out. So, essentially this is a monochromatic scheme. To keep the visual interest high, dish up a heaping helping of texture. This arrangement blends sleek metal and glass with rough worn wood. Even the frosted glass vase contributes tactile variety.

2. Shapely items. Display treasures that vary in shape, height, shade, and finish. Mix geometric wooden pieces, such as the square-sided birdhouse and circular Shaker box, with free-form shapes, such as the curvy light-blue vase. Round out your display with an unrestrained element, such as dried or fresh flowers or a houseplant.

3. Expanded horizons. For optimal impact, carry the blues to the wall by hanging prints, photos, clocks, or collages that extend your display left and right of the shelf. The clock and print also give the arrangement added height, so it doesn't get too stretched out.

4. Balance of power. When composing your exhibit, allow each collectible plenty of room to shine, and establish a visual rhythm by placing pieces so the eye travels up and down across the display. Keep it balanced—whatever you set on one side of the center point should mirror the visual weight of the piece or pieces on the other side.

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buggy bedroom

In this Charleston, South Carolina, bedroom, the typical pastels-and-floral-prints garden decorating theme gets some buzz with bright colors and adorable insects. Colorful flourishes were added to unadorned furniture classics, which can be face-lifted to reflect changing interests. In fact, since most of the spunk in this space comes from paint and fabric, the room scheme can grow up along with its occupant. Read on for lessons in playing up the fun in your youngsters' rooms.



A door hanger carrying a tactful hint to the rest of the family also gives a preview of the room's theme.



Circular tents sewn from cheesecloth with a contrasting fabric border conceal reading lights under their peaks. To avoid a fire hazard, make sure the bulbs hang so they don't come in contact with the fabric.

continued on page 44



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Buggy Bedroom

continued from page 42

To pull off a well-balanced themed room, pick a starting point—in this case a novelty-pattern insect fabric used for the bedding—and spin other coordinating elements from there. Let your imagination take wing when it comes to sprinkling motifs on a variety of surfaces, from walls to lampshades. But keep things tempered with plenty of limited-pattern fabrics and neutral colors, such as white, which should be used liberally to calm any look.

Choose furniture that's classic enough to suit future decorating schemes. But it's fun to splurge on a style-maker, such as the chest between the beds (*below*), which features insect knobs. Hand-painted flowers that bloom on the wall above it seem to be rooted in its flowerpot shape.

Once the walls are painted and bedding and window treatments are established, add in the details. Throw pillows (*above right*) and picture frames can be created or purchased as needed to carry out the theme. If you go too far, simply backtrack and subtract.

Buying information, page 60



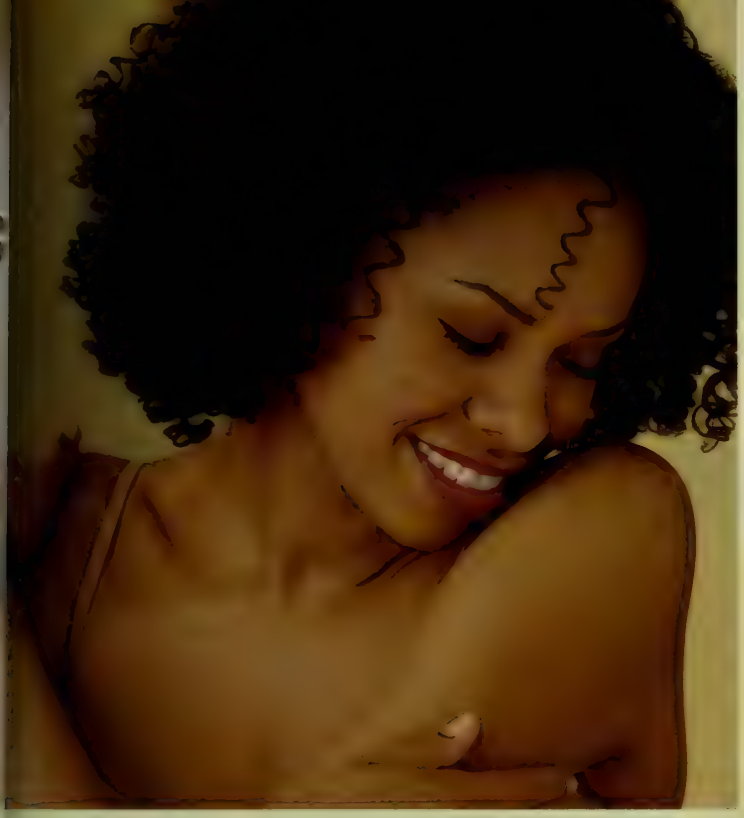




Winged creatures flutter atop the windows (*above*), which are dressed otherwise with simple white wood blinds.



Spark up old furniture (*right*) with a new coat of paint. While you have the brushes out, add a tiny bit of color and a few stenciled designs to complement the showy bedding.



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Chips Off the Color Block

by Jim Williams

Somewhere between picking a paint color and buying a bucket of paint, you can collect quite a stack of hue-happy paint chips. Here are some ideas for putting them to decorative use.



side table

Opportunity presents its
in small accent furnishin
that are so helpful they'
often decoratively over-
looked. We've spiffed up
this side table with whit
paint and a colorful desi
made from paint chips.

Any simple table will
This table's 16-inch squa
top makes measuring ea
and its apron provides
more space for decorati
Consider painting the ta
white, which will highlig
the color chips best.

Give the table 2 to 3 c
of paint, sanding lightly
between coats. Arrange
color chips in the center
the tabletop. (The numb
of chips will vary accord
to table size.)

Lightly mark the center
of the table for reference,
then spray-glue the back
each card and place it in i
predetermined position.

Glue additional cards t
the table apron if desired,
trimming the cards to fit.

Then, top the table with
glass to keep the chips in
pristine shape.

continued on page

Did you know girls scream
when you put a frog in their towel?



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Chips Off the Color Block

continued from page 46



Festive primary colors give this bench some snap. However, you can alter the project to suit your tastes and your favorite palette.

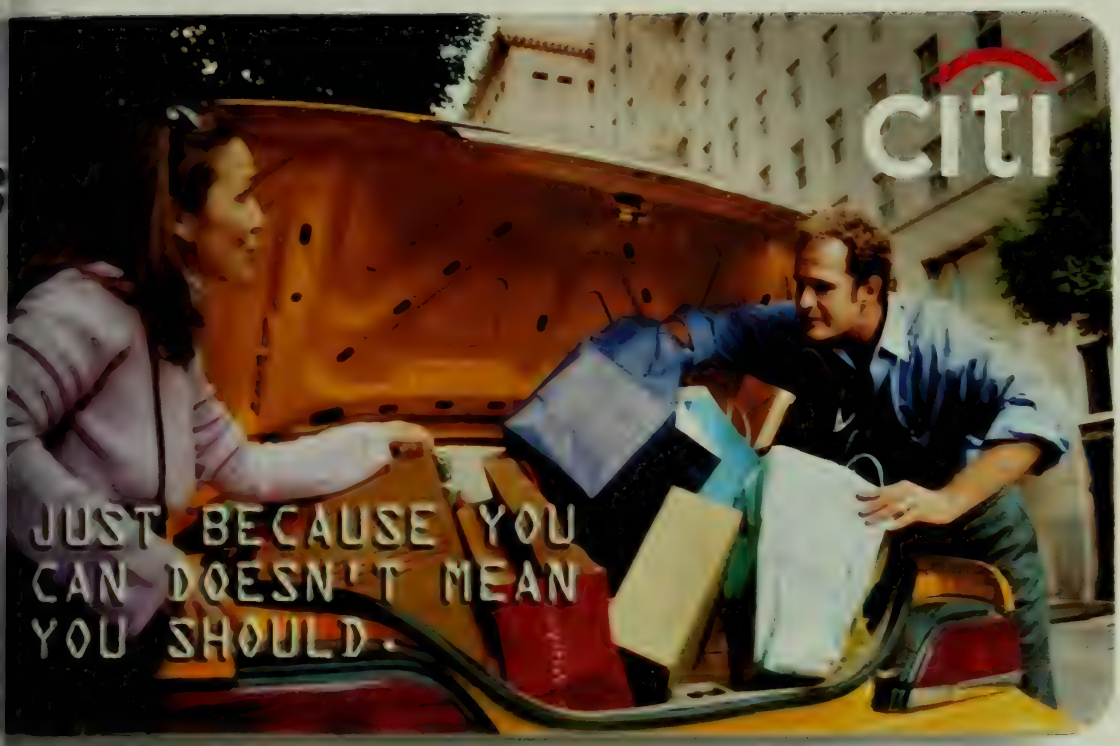
Give an unfinished bench or coffee table two to three coats of paint for the base color, sanding lightly between coats. A bench works best for large color-card strips, such as these (*below*) that display several hues at a time.

Arrange the cards in a pleasing sequence, butting them against each other. Trim them as necessary, then spray-glue the cards in place on the bench top. Finish with a coat of polyurethane.



bench

continued on page



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Pets are part of the family, so make them part of the fun.

If you hit the road this summer, you'll want to bring the family cat or dog,

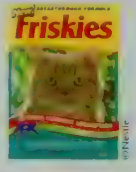


too. Here are some tips: Make sure your pet wears an ID, and tape a local phone number to his collar so you can be reached. Bring along a favorite toy or blanket to help him feel at home. Pack the food your pet is used to eating, to avoid an upset stomach. And make sure your pet





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Chips Off the Color Block

continued from page 48





Trim a photo frame with a modern mosaic of paint-chip color cards.

You'll need an unfinished crafts-store wood frame with a flat, square shape.

Determine the arrangement of color cards around the frame. Beginning in one corner, bend a color card to cover the outside and inside edges of the frame. Trim away any excess with a crafts knife, fit the card again, and glue it in position with white glue.

Repeat for each card, progressing around the frame and overlapping for interest.

Finish with a coat of polyurethane or decoupage medium to protect the surface from fingerprints.

Buying information, page 60



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green bouquets

Who says only colorful flowers look good in a vase? These bouquets focus on a variety of greenery—some plants growing as close as your back door. From herbs to ferns, there's a wealth of textures and tones for the picking.

by Joseph Boehm
and Sarah Egge



Just rub the leaves of this herb-garden bouquet to release gentle aromas from the purple basil, mint, sage, and rosemary. Give a fresh, casual bunch a boost in stature and elegance by placing it in a silver mint julep cup.

continued on page 54



ow scrapes. Shaving cuts. Curling iron singes. Any minor wound can leave an unwelcome reminder d. So reach for Neosporin®. A clinical test shows that treating scrapes with Neosporin® helps ize the appearance of scars.* And Neosporin® kills the bacteria that can cause skin infection. So tays healthy looking. That's the beauty of Neosporin®.

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green bouqu

continued from p



1



2

1. A sphere vase commonly used for low, fat flower arrangements takes on a contemporary look with daylily and liriope fronds suspended in water. Place river rocks in the bottom of the vase to anchor the fronds and create a stream-like bed. This arrangement is temporary, as the greens will not stay fresh long underwater. Drain and replace the water daily.

2. Everyone's garden friend, the hosta, makes an appearance indoors in this q and-easy bouquet. Put a floral frog in the bottom of a vase to hold the stems. place leaves in a pleasing overall shape, such as this loose arrangemen individual leaf shapes show. We chose a cream-color vase to play off the pale e of the variegated hosta leaves.



3

3. A branch of m tree leaves gives arrangement full and structure. We tu the branch into a and used it to sup additional smaller s of coleus, a com ground cover plant. young, bendable branch will work similar arrangement bronze-color vase faint Oriental flavo we arranged the co leaves to trail hori tally—taking on a s tural, bonsai look.

continued on pa


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green bouquets

continued from page 54



Like Ginger Rogers and Fred Astaire, milk glass and ferns are a graceful pairing. These scalloped and hobnail vases have feminine texture to set off spiky fronds of maidenhair, Boston, and climbing asparagus ferns. The natural color combination of green and white dances into any setting.

continued on page 58


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The quality of Thomasvil
available in four new ca
collections for your kitch
Only at The Home Depot

green bouquets

continued from page 56

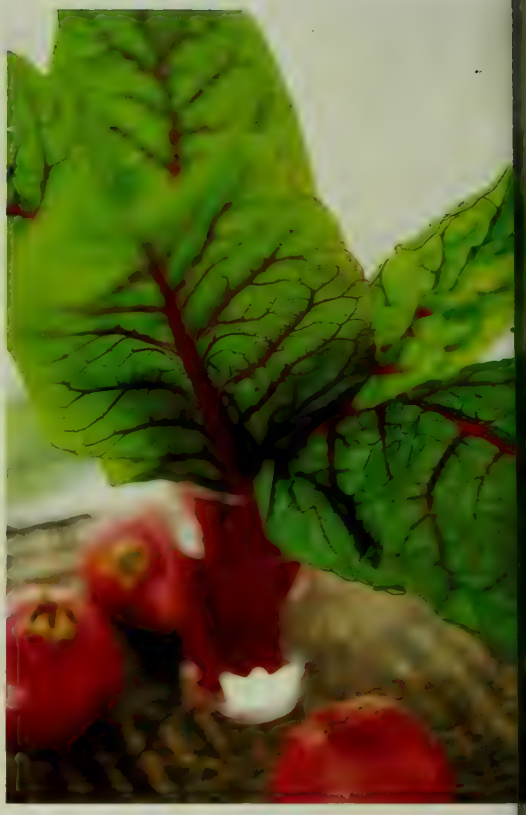
If Swiss chard isn't growing in your garden, it's probably available in the produce section of your grocery store. The bright green leaves and red stems are easy to spot, and this eye-catching color combo is what makes the leaves attractive as a stand-alone arrangement. We chose a clear vase to show off the red stems, and used red pomegranates as an accent.

2. Growing in a boggy ditch is the most likely place to find the reedy plant commonly called horsetail. The price is right when you discover it this way, so cut a big bunch—enough to fill cylinder vases of different sizes. Trim the bottom of the reeds so the top buds won't extend above the vase, and add water.

3. Not all romantic bouquets need baby's breath. This assortment of variegated coleus and the flowering tips of a bupleurum plant—a low, round plant typically used in landscaping—create the same soft, feathery illusion. Whether you cut the stems from the garden or order them from a florist, they'll look most at home in a nostalgic 1940s cachepot, which exudes a heartwarming spirit.

Buying information, page 60

For flower arrangements of the traditional blooming sort, visit our Web site at www.bhg.com/extra







"Walking is a major part of my life. Since I was treated with Synvisc, I found knee pain relief."

Nancy Lopez - Hall of Fame Professional Golfer



DRUG-FREE RELIEF FOR OA KNEE PAIN

Synvisc (pronounced "sin-visk") can relieve arthritis (osteoarthritis, or OA) knee pain with just one short course of therapy!

Synvisc therapy is administered into the knee in just 3 doctor visits over 15 days!

Synvisc is not a drug—it is used to treat the knee and only the knee!

Synvisc therapy is like lubrication for your knee and also acts as a kind of "shock absorber" that cushions the joint.

Learn more about Synvisc!
Call 1-800-225-1745
for a free video, a booklet, and a list of Synvisc® providers near you.
www.synvisc.com

Synvisc can help improve your mobility and allow you to return to a more vibrant, active lifestyle!*

Synvisc is generally well tolerated; however, it may not work for everyone. The most commonly reported side effects are temporary pain, swelling, and/or fluid accumulation in the injected knee (about 2% of injections). If fluid accumulation is large or painful, call your doctor. Other side effects, such as rash, have been reported rarely. Advise your doctor if you are allergic to chicken products or your leg is swollen or infected. The results of repeat use have not been established.

Synvisc therapy is usually covered by most medical plans, including Medicare.
If you have questions about insurance coverage, please see additional information on the next page.

Your doctor may ask you to temporarily avoid strenuous activity after treatment.

SYNVISC®
HYLAN G-F 20

Please see additional important patient information on the next page.

DISCOVER DRUG-FREE RELIEF FOR OSTEOARTHRITIS KNEE P

SYNVISC®
HYLAN G-F 20

BRIEF SUMMARY OF PRESCRIBING INFORMATION
This Summary describes Synvisc, a prescription formulation of hylan G-F 20 for knee pain due to osteoarthritis. Please read it carefully. Only your doctor has the training necessary to weigh the benefits and risks of Synvisc therapy for you. Contact your doctor if you have any questions.

WHAT IS SYNVISC?
Synvisc is a viscous and elastic sterile mixture that is made up of hylan A fluid, hylan B gel, and salt water. The two hylans are manufactured from hyaluronan (sodium hyaluronate) that comes from chicken combs. Hyaluronan is a natural chemical found in the body and is present in a particularly high amount in joint tissues and in the fluid that fills the joint. The body's own hyaluronan acts like a lubricant and a shock absorber in the joint, and is needed for the joint to operate properly. In osteoarthritis, there may not be enough hyaluronan, and there may be a change in the quality of the hyaluronan in joint fluid and tissues. Synvisc has comparable viscous and elastic properties to synovial fluid of 18- to 27-year-old healthy human knees. Synvisc is given by a series of injections directly into your knee.

WHAT IS SYNVISC USED FOR?
Synvisc is used to relieve knee pain due to osteoarthritis. It is used for patients who do not get adequate relief from simple painkillers or from exercise and physical therapy. The most pain relief and the greatest amount of treatment success occurred 8 to 12 weeks after Synvisc treatment began.

HOW CAN I GET MORE INFORMATION ABOUT SYNVISC?
If you have any questions or would like to find out more about Synvisc, you may call Wyeth-Ayerst Pharmaceuticals, at 1-800-99-WYETH.

CONTRAINDICATIONS
- Do not administer to patients with known hypersensitivity (allergy) to hyaluronan (sodium hyaluronate) preparations.
- Do not inject Synvisc in the knees of patients having knee joint infections or skin diseases or infections in the area of the injection site.

WARNINGS
- Do not concomitantly use disinfectants containing quaternary ammonium salts for skin preparation because hyaluronan can precipitate in their presence.
- Do not inject Synvisc extra-articularly, or into the synovial tissues and capsule. Local and systemic adverse events, generally in the area of the injection, have occurred following extra-articular injection of Synvisc.
- Intravascular injections of Synvisc may cause systemic adverse events.

PRECAUTIONS
General
- The effectiveness of a single treatment cycle of less than three injections of Synvisc has not been established.
- The safety and effectiveness of Synvisc in locations other than the knee and for conditions other than osteoarthritis have not been established.
- Do not inject anesthetics or other medications into the knee joint during Synvisc therapy. Such medications may dilute Synvisc and affect its safety and effectiveness.
- Use caution when injecting Synvisc into patients who are allergic to avian proteins, feathers, and egg products.
- The safety and effectiveness of Synvisc in severely inflamed knee joints have not been established.
- Strict aseptic administration technique must be followed.
- STERILE CONTENTS. The syringe is intended for single use. The contents of the syringe must be used immediately after its packaging is opened. Discard any unused Synvisc.
- Do not use Synvisc if package is opened or damaged. Store in original packaging (protected from light) at room temperature below 86°F (30°C). DO NOT FREEZE.
- Remove synovial fluid or effusion before each Synvisc injection.
- Synvisc should be used with caution when there is evidence of lymphatic or venous stasis in that leg.

Information for Patients
- Provide patients with a copy of the Patient Labeling prior to use.
- Transient pain, swelling, and/or effusion of the injected joint may occur after intra-articular injection of Synvisc. In some cases, the effusions may be considerable and cause pronounced pain; cases where swelling is extensive should be discussed with the physician.
- As with any invasive joint procedure, it is recommended that the patient avoid any strenuous activities or prolonged weight-bearing activities such as jogging or tennis following the intra-articular injection.
- The safety and effectiveness of repeat treatment cycles of Synvisc have not been established.
- The packaging of this product contains dry natural rubber latex.

Use in Specific Populations
- **Pregnancy:** The safety and effectiveness of Synvisc have not been established in pregnant women.
- **Nursing mothers:** It is not known if Synvisc is excreted in human milk. The safety and effectiveness of Synvisc have not been established in lactating women.
- The safety and effectiveness of Synvisc have not been established in children.

ADVERSE EVENTS
Adverse Events Involving the Injected Joint
Clinical Trials
A total of 511 patients (559 knees) received 1771 injections in seven clinical trials of Synvisc. There were 39 reports in 37 patients (2.2% of injections, 7.2% of patients) of knee pain and/or swelling after these injections. Ten patients (10 knees) were treated with arthrocentesis and removal of joint effusion. Two additional patients (two knees) received treatment with intra-articular steroids. Two patients (two knees) received NSAIDs. One of these patients also received arthrocentesis. One patient was treated with arthroscopy. The remaining patients with adverse events localized to the knee received no treatment or only analgesics.
Postmarket Experience
The most common adverse events reported have been pain, swelling and/or effusion involving the injected knee. In some cases, the effusion was considerable and caused pronounced pain. In some instances, patients have presented with knees that were tender, warm and red. It is important to rule out infection or crystalline arthropathies in such cases. Synovial fluid aspirates of varying volumes have revealed a range of cell counts, from very few to over 50,000 cells/mm³. Reported treatments have included symptomatic therapy (e.g., rest, ice, heat, elevation, simple analgesics and NSAIDs) and/or arthrocentesis. Intra-articular corticosteroids have been used when infection was excluded. Patients have rarely undergone arthroscopy or other procedures. Events generally abate within a few days. Clinical benefit from Synvisc injection may still occur after such reactions.
Intra-articular infections did not occur in any of the clinical trials. Infections have been reported only rarely during clinical use of Synvisc.
Other Adverse Events
Clinical Trials
In three concurrently controlled clinical trials with a total of 619 patients who received Synvisc and 110 patients who received only arthrocentesis, there were no statistically significant differences in the numbers or types of adverse events between the group that received Synvisc and the group that received control treatment. Systemic adverse events occurred in 10 (2.0%) of the Synvisc patients. There was one case each of rash (thorax and back), swelling of the skin following Synvisc injections in these studies. These symptoms did not recur when these patients received additional Synvisc injections. The remaining generalized adverse events were calf cramps, hemorrhoid problems, ankle edema, rhinitis, tonsillitis with nausea, tachyarrhythmia, phlebitis with varicosities, low back sprain.
Postmarket Experience
Other adverse events reported include: rash, *hives*, itching, *headache, dizziness, chills*, muscle cramps, *paresthesia*, pain, *malaise, respiratory difficulties, flushing and facial swelling*. There have been reports of *thrombocytopenia* coincident with Synvisc use. (Adverse events reported *only* in worldwide postmarketing experience, not seen in clinical trials, are considered more rare and are listed in italics.)

DISTRIBUTED BY:
Wyeth-Ayerst Pharmaceuticals
Philadelphia, Pennsylvania 19101
Telephone: 1-800-99-WYETH

DEVELOPED AND MANUFACTURED BY:
Biomatrix, Inc., 65 Railroad Avenue
Ridgefield, New Jersey 07657
Telephone: (201) 945-9550
Fax: (201) 945-0363

Synvisc® is a registered trademark of Biomatrix, Inc.
Synvisc® is covered by U.S. patents.
This summary provides the most important information about Synvisc. If you want to read more, ask your doctor or pharmacist who has the professional labeling.
This Brief Summary for Direct-to-Consumer advertising is based on Synvisc Physician Insert, CI 6082-2, Revised September

Developed and manufactured by Biomatrix

Marketed and distributed by WYETH-AYERST LABORATORIES Philadelphia

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Important information about insurance coverage for Synvisc treatments

Synvisc is usually covered by most insurance plans. Many require that your doctor stock Synvisc. If your doctor does not stock Synvisc and he or she writes a Synvisc prescription for you, some insurance plans, including Medicare, may not cover the cost. Therefore, it is recommended that you ask your doctor if his or her office stocks Synvisc. Procedures may vary from policy to policy, so please check with your doctor and/or your insurer. If you have additional questions about insurance coverage, please contact the Synvisc Reimbursement Hotline at 1-800-982-8292. This toll-free number can be accessed between 9:00 AM and 6:00 PM, Eastern Time, Monday through Friday.

buying guide

Some of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.

Summer Draperies
Pages 23–30: window fabric; white ball fringe, 33265—Houles; available through fabric and craft stores.

Off the Wall
Pages 32–36: all materials—available through craft or building supply stores. **All other items**—antique, discontinued, or a personal belonging.

Buggy Bedroom
Pages 42–44: decorative paint on beds and birdhouses—Carol Lund Interiors and Decorative Arts, 233 Pitt St., Mt. Pleasant, SC 29464; 803/881-2097. **Lamp on nightstand**—Gwynn's of Mt. Pleasant; 843/884-9518. **All fabric accessories and paint**—Marcus Goer Interiors Inc., 206 Hibben St., Mt. Pleasant, SC 29464; 843/881-3646.

Chips Off the Color Block
Pages 46–50: all materials—available through craft or building supply stores. **All other items**—antique, discontinued, or a personal belonging.

Green Bouquets
Page 52: silver vase—Two's Company; for a retailer call 914/664-2277.
Page 54: Hagon Pottery—Restoration Hardware; 888/243-9720; www.restorationhardware.com.
Page 56: milk glass—antique.
Page 58: wicker tray—Pottery Barn; 800/922-5507; Web site: www.potterybarn.com. **Clear vase**—Crate & Barrel; for more information call 800/323-5461; www.crateandbarrel.com.

Breakfast Blend
Pages 62–64: kitchen table and chairs—Room & Board; 800/588-7586. **Cooktop with downvent**—Thermador, 5551 McFadden Ave., Huntington Beach, CA 92649; 800/735-4328. **Table accessories**—Pier 1 Imports; 800/447-4371; Web site: www.pier1.com. **Glass shelves**—created by homeowner. **Colorful pots on shelves**—HomePlace; 877/466-3752. **Kitchen cabinets**—Master Craft Cabinets, 9909 South Shore Dr., Plymouth, MN 55441; 612/544-9115. **Granite countertops** (Blue Mahogany)—Northwestern Tile & Marble, 2 Cecilia Circle, Minneapolis, MN 55439; 612/941-[illegible]. **Windows**—Marvin Windows & Doors; 888/537-[illegible]. **Flooring**, "plank" (Harvest Oak)—Wilsonart International, 2400 Wilson Pl., Temple, TX 76503; 800/710-[illegible]; www.wilsonart.com. **Ceiling fan/light**—Emerson Electric, 800/237-6511. **Pendant lights**, "967-1412"—PB Stem, Thompson Lighting, 12201 Minnetonka Blvd., Minnetonka, MN 55305; 612/733-2521. **Barstools**, "Vera," #528, 24" (Natural Finish); **fabric**, #13—Nord/Peters Billiards, 2[illegible] Lyndale Ave., S, Minneapolis, MN 612/866-8433.

Places to Play
Page 74: plant materials—Home Depot U.S.A., Inc.; 800-[illegible] 3199; www.homedepot.com. Armstrong Garden Center, 2610 Via de Valle, Del Mar, CA 92014; 858/755-1574. Knight's Discount Nursery, 14940 Oak Creek Rd., El Cajon, CA 92[illegible] 619/561-0611.
Page 76: white table and chairs—The Corner Store, [illegible] Girard Ave., La Jolla, CA 92037; 858/456-7517. **White wicker furniture**—Lloyd/Flanders Ind., Inc., P.O. Box 550, Menominee, MI 49858; 800/526-9894. **Wire plant holder**—Garden of Eden; 800/822-9600. **Hanging plants**—Armstrong Garden Centers (address above). **Napkin**—Pier 1 Imports; 800-[illegible] 4371; www.pier1.com. **Lighting**—Rejuvenation Lamp

continued on page

ant Wraps

Give a gift that grows, whether it's a plant-store find or a cutting from the garden. Wrapping it up with a ribbon or fabric bow makes it special.





ery mesh ribbon and a imade card (*near right*) in the look of hard and spiky plants. Look *ire*-edged mesh at s stores. Cut a card pretty paper, punch a . and tie it on.

y dressings (*far right*) s these mini gardens style. Use a sheer or wide organdy on to wrap the pot—the plant—gracefully. ire the wrap with a pin, ing sure it slips off y for watering.



by Laura O'N

Breakfast Blend

Jan and Paul Wicklund of Wayzata, Minnesota, were ready for a change that would transform their dreary kitchen into a cheery entry center and social hub. "We wanted to update our kitchen by enlarging the dining and food preparation areas—making it a brighter, more livable space," says Jan. Square footage was added with a four-season addition, which replaced an existing greenhouse that had attached to the kitchen through sliding glass doors.

continued on page 64



The elimination of the greenhouse outside allowed for a higher, more appealing ceiling height inside. All-white cabinets lighten and brighten the space, replacing dark oak cupboards. The central-island design and location welcome guests to gather over coffee. The desk area (*far left*) is a new feature that offers the couple one convenient spot to organize incoming information.

soft gentle and ruthless



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Softsoap 2-in-1. It's tough on germs, gentle on hands, because it combines a strong antibacterial ula with real moisturizing lotion. So your skin retains more of its natural moisture. And it's not sy, so your hands feel clean and soft.

Softsoap 2 IN 1 more than just clean

Breakfast Blend

continued from page 62



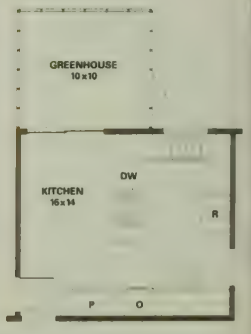


Jan and Paul were determined that the old greenhouse (*far left*) be replaced by an addition (*left*) that better complemented and blended with the exterior of their home.





AFTER



BEFORE

Large windows and a glass door provide the Wicklunds with a beautiful view of backyard wildlife, flower gardens, and pool area. Some of the windows can be opened to fresh air and birdsongs. The addition was built above grade, with a concrete block foundation allowing for in-floor hot-water heat. Suspended shelves made of polished brass and glass, and a granite-surface plant counter just below, provide the right conditions for growing and enjoying favorite blooms.

Buying information, pag

Pass on that great family tradition of playing with your food.



Nabisco celebrates over 100 years of feeding your child's imagination.

Through-the-Wall Built-Ins

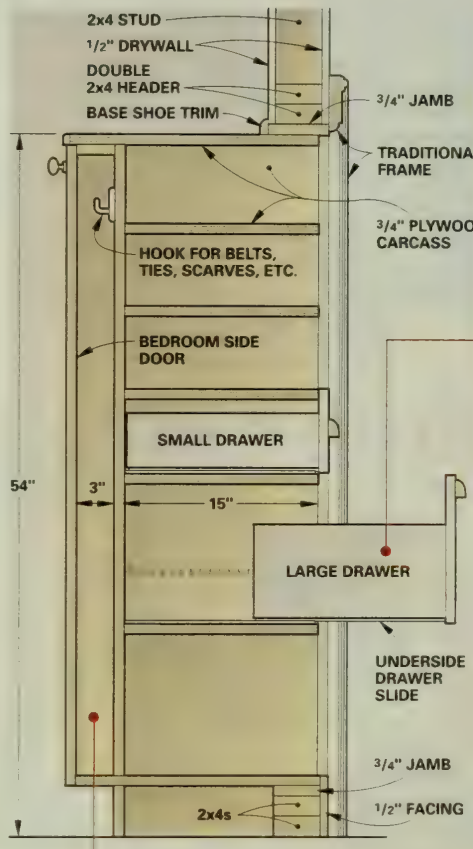
by Shawn Gilliam

Older homes may overflow with charm, but the generosity often dries up when it comes to storage space adequate for today's needs. That's what Shelly Weatherby and husband John Baker faced with their 1930s Tudor-style home in Des Moines, Iowa. There was little to no closet and cabinet space where they needed it most: the bedroom and bath.

Although Shelly and John could have purchased movable carts and chests of drawers to solve their storage dilemma, they opted for built-ins attached to the wall between the bedroom and bath. "I don't like bedroom furniture for the most part, so I didn't want any furniture other than nightstands and the bed," Shelly says. "I just wanted the clean lines of a built-in."

Bath designer Ann Patterson planned the storage system to tie right into the home's architecture. A white-paint finish, simple recessed-panel doors, and antiqued-silver knobs help convey a look accurate to the period.

The couple especially appreciates how the built-ins function. Now there's room to store more things in the bedroom, which saves Shelly from hauling clothes up from a makeshift wardrobe area in the basement.









A cramped bath (*above*), with barely enough room for the essentials, left little choice but to bump the new cabinets into the adjacent bedroom. The drawers, although flush to the bath wall, are 15 inches deep (see illustration). Rather than extend the cabinets clear to the ceiling, the homeowners cut off the height at 54 inches. The resulting ledge holds a TV, photos, and decorative items (*far left*) in the bedroom. The bathroom drawers back up to the space behind the bedroom cabinet's center door, which conceals a 3-inch-deep space used for hanging scarves, ties, and belts (*left*).





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VIOXX IS HERE. 24-HOUR RELIEF FOR THE MOST COMMON TYPE OF ARTHRITIS PAIN, OSTEOARTHRITIS.

It isn't about winning a marathon. Or making you feel like a kid again. It's about controlling the pain that keeps you from doing everyday things. And VIOXX may help. VIOXX is a prescription medicine for osteoarthritis, the most common type of arthritis.

ONE PILL—ALL DAY AND ALL NIGHT RELIEF

You take VIOXX only once a day. Just one little pill can relieve your pain all day and all night for a full 24 hours.

VIOXX EFFECTIVELY REDUCED PAIN AND STIFFNESS

In clinical studies, once-daily VIOXX effectively reduced pain and stiffness. So VIOXX can help make it easier for you to do the things you want to do. Like climbing the stairs to put a child to bed.

TAKE WITH OR WITHOUT FOOD.

VIOXX doesn't need to be taken with food. So, you don't have to worry about scheduling VIOXX around meals.

IMPORTANT INFORMATION ABOUT VIOXX.

In rare cases, serious stomach problems, such as bleeding, can occur without warning. People with allergic reactions, such as asthma, to aspirin or other arthritis medicines should not take VIOXX.

Tell your doctor if you have liver or kidney problems, or are pregnant. Also, VIOXX should not be used by women in late pregnancy.

VIOXX has been extensively studied in large clinical trials. Commonly reported side effects included upper respiratory infection, diarrhea, nausea and high blood pressure. Report any unusual symptoms to your doctor.

ASK YOUR DOCTOR OR HEALTHCARE PROFESSIONAL ABOUT VIOXX.

Call 1-800-378-1155 for more information, or visit www.vioxx.com. Please see important additional information on the next page.

ONCE DAILY

VIOXX®

(rofecoxib)

FOR EVERYDAY VICTORIES.

Patient Information about
VIOXX® (rofecoxib tablets and oral suspension)
VIOXX® (pronounced "VI-ox")
for Osteoarthritis and Pain
Generic name: rofecoxib ("ro-fa-COX-ib")

You should read this information before you start taking VIOXX*. Also, read the leaflet each time you refill your prescription, in case any information has changed. This leaflet provides only a summary of certain information about VIOXX. Your doctor or pharmacist can give you an additional leaflet that is written for health professionals that contains more complete information. This leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss VIOXX when you start taking your medicine and at regular checkups.

What is VIOXX?

VIOXX is a nonsteroidal anti-inflammatory drug (NSAID) that is used to reduce pain and inflammation (swelling and soreness). VIOXX is available as a tablet or a liquid that you take by mouth.

VIOXX is a medicine for:
- relief of osteoarthritis (the arthritis caused by age-related "wear and tear" on bones and joints)
- management of acute pain in adults (like the short-term pain you can get after a dental or surgical operation)
- treatment of menstrual pain (pain during women's monthly periods).

Who should not take VIOXX?

Do not take VIOXX if you:
- have had an allergic reaction such as asthma attacks, hives, or swelling of the throat and face to aspirin or other NSAIDs (for example, ibuprofen and naproxen).
- have had an allergic reaction to rofecoxib, which is the active ingredient of VIOXX, or to any of its inactive ingredients. (See Inactive Ingredients at the end of this leaflet.)

What should I tell my doctor before and during treatment with VIOXX?

Tell your doctor if you are:
- pregnant or plan to become pregnant. VIOXX should not be used in late pregnancy because it may harm the fetus.
- breast-feeding or plan to breast-feed. It is not known whether VIOXX is passed through to human breast milk and what its effects could be on a nursing child.

Tell your doctor if you have:
- kidney disease
- liver disease
- heart failure
- high blood pressure
- had an allergic reaction to aspirin or other NSAIDs
- had a serious stomach problem in the past.

Tell your doctor about:
- any other medical problems or allergies you have now or have had.
- all medicines that you are taking or plan to take, even those you can get without a prescription.

Tell your doctor if you develop:
- ulcer or bleeding symptoms (for instance, stomach burning or black stools, which are signs of possible stomach bleeding).
- unexplained weight gain or swelling of the feet and/or legs.
- skin rash or allergic reactions. If you have a severe allergic reaction, get medical help right away.

How should I take VIOXX?

VIOXX should be taken once a day. Your doctor will decide what dose of VIOXX you should take and how long you should take it. You may take VIOXX with or without food.

Can I take VIOXX with other medicines?

Tell your doctor about all of the other medicines you are taking or plan to take while you are on VIOXX, even other medicines that you can get without a prescription. Your doctor may want to check that your medicines are working properly together if you are taking other medicines such as:
- methotrexate (a medicine used to suppress the immune system)
- warfarin (a blood thinner)
- rifampin (an antibiotic)
- ACE inhibitors (medicines used for high blood pressure and heart failure)
- lithium (a medicine used to treat a certain type of depression).

What are the possible side effects of VIOXX?

Serious but rare side effects that have been reported in patients ta and/or related medicines have included:

- Serious stomach problems, such as stomach and intestinal bl occur with or without warning symptoms. These problems could lead to hospitalization or death. Although this happens should watch for signs that you may have this serious side ef your doctor right away.
- Serious allergic reactions including swelling of the face, li and/or throat which may cause difficulty breathing or swallo rarely but may require treatment right away. Severe skin rea also been reported.
- Serious kidney problems occur rarely, including acute kid and worsening of chronic kidney failure.
- Severe liver problems, including hepatitis and jaundice, occ patients taking NSAIDs, including VIOXX. Tell your doctor if y symptoms of liver problems. These include nausea, tiredne tenderness in the right upper abdomen, and flu-like sy

In addition, the following side effects have been reported: confusion hallucinations, low blood cell counts, unusual headache with (aseptic meningitis).

More common, but less serious side effects reported with VI included the following:

Upper and/or lower respiratory infection and/or inflammation
Headache
Dizziness
Diarrhea
Nausea and/or vomiting
Heartburn, stomach pain and upset
Swelling of the legs and/or feet
High blood pressure
Back pain
Tiredness
Urinary tract infection.

These side effects were reported in at least 2% of osteoarthriti receiving daily doses of VIOXX 12.5 mg to 25 mg in clinical studie

The side effects described above do not include all of the side effect with VIOXX. Do not rely on this leaflet alone for information about si Your doctor or pharmacist can discuss with you a more complete effects. Any time you have a medical problem you think may be VIOXX, talk to your doctor.

What else can I do to help manage my osteoarthritis pain?

Talk to your doctor about:
- Exercise
- Controlling your weight
- Hot and cold treatments
- Using support devices.

What else should I know about VIOXX?

This leaflet provides a summary of certain information about VIO have any questions or concerns about VIOXX, osteoarthritis or pa your health professional. Your pharmacist can give you an additio that is written for health professionals.

Do not share VIOXX with anyone else; it was prescribed only for you be taken only for the condition for which it was prescribed.

Keep VIOXX and all medicines out of the reach of children.

Inactive Ingredients:

Oral suspension: citric acid (monohydrate), sodium citrate (dihydrate solution, strawberry flavor, xanthan gum, sodium methylparaben propylparaben.

Tablets: croscarmellose sodium, hydroxypropyl cellulose, lactose, m stearate, microcrystalline cellulose, and yellow ferric oxide.

Issued July 2000

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ıcrete walks, drives, and patios cut ugly swaths through a yard. ; you don't have to settle for that. ınsform plain surfaces into design ments, or lay down new concrete t better complements your land- ping. Staining and patterning ıcrete, or pouring it into brick- l stone-shaped grids, are relatively xpensive ways to create custom ks. Here are the options.

tterns. Architectural paving ıtractors can add pattern, texture, l color to fresh concrete. The ılt is a surface that comes close to embling real stone (see photo, *ve*). Pattern choices include slate, estone, cobblestone, and antique ck, so you can find a pavement le that enhances the look of ıost any home or yard. However, se systems require the concrete ıe professionally poured, colored, l patterned with special molds.

f professional concrete work isn't your budget, pave your walkway patio yourself using a mold kit. st choose from molds that create ferent stone, brick, and block terns. If desired, mix liquid color) the concrete before filling molds.

ins. Staining can be completed ıer before or after the concrete cured. It's done by adding pig- nts to the wet concrete mix or by ıting the surface of cured concrete h an acid-stain or paint-stain ıcedure. Check with a concrete ıtractor if you're interested in ding pigments into wet concrete. f you have an existing concrete face that you'd like to treat, you 're a couple of options. The first procedure is called acid staining. A penetrating stain chemically reacts with the concrete's minerals, etching color into the surface and producing a stonelike look. Check with a concrete contractor about colors.

The second technique produces what looks like a paint treatment. Apply this type of stain with a roller, following directions on the can to ensure a uniform coat of color. Paint stores and home centers carry this type of stain; some brands offer more than 20 color choices.

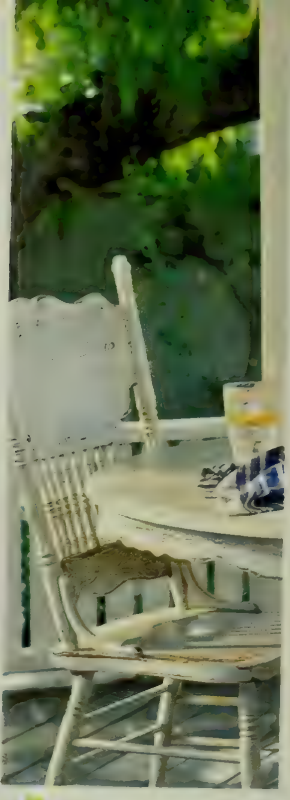


Do-it-yourself pattern systems allow you to mix liquid color (*below*) into the cement before troweling it into a mold (*above*).



outdoor projects

places to play





by
Laura O'Neil and
Shawn Gilliam

Come out, come out, wherever you are. Why hide in the house when there's a whole world of outside living to seek right in your own backyard? Whether it's a romantic gazebo overlooking a lush garden or a charming summerhouse that doubles up as a hardworking shed, the following pages are filled with ideas you can build (many plans are available) during nature's most pleasurable time to play.



continued on page 74



It's A Dangerous World Out There.

Be prepared. Jenny Craig® Nutritional Bars are a good source of protein with 23 vitamins and minerals, including calcium. Ready to go at a store near you.



Feed Your Willpower™

outdoor rooms

continued from page 72



pampering pavilion

An extra-large family deserves an outdoor living area that's super-sized. Joanne and Jerry Price of Alpine, California, created such a haven for their brood—11 children, 29 grandkids, and 3 great-grandbab A homebuilder by trade, Jerry constructed the 10-foot-octagonal, 8-foot-high gazebo (*above*) as a centerpiece for his family's lushly landscaped yard. The structure is made of precut redwood, has a shingled roof, and stands on a new laid cement pad. From the gazebo, Joanne and Jerry can sit back and watch th young ones' escapades while enjoying the surrounding water features.

continued on pag


NEW POUNCE PURR-FECTIONS. A LOVE THAT CAN'T BE DENIED.
Purr-fections
New
POUNCE® PURR-FECTIONS™ CAT TREATS
THE ONLY CAT TREAT WITH A CRUNCHY OUTSIDE AND CREAMY INSIDE

continued from page 74



well-positioned porch

Dual doors access the Craftsman-style back porch addition belonging to Carolyn and Ned Young of La Jolla, California. New French doors (*above,* at center in photo) access the dining room at the rear of the house. They open to a semicovered deck that connects to the rainproof sitting area. An existing door off the kitchen (*above,* at right in photo) eases traffic flow.



continued on page 78

Introducing the attractive repellent.



New OFF!® Mosquito Lamp. It works hard, repelling mosquitoes and keeping them far away. And, it looks great, glowing softly in the dark. The heat of the candle activates an innovative re-

lent pad that protects an area 15 times greater than a citronella candle.

effective. It's attractive. It's new OFF!® Mosquito Lamp.

KEEPS BUGS OFF!™



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Johnson
A Family Company

continued from page 76





shady proposition



On the fro
porch,
that's where you'll t
Mary and David Ru
of Bellevue, Washin
ton, and their two
young children. "Th
porch has changed
lives," says Mary. "
use it constantly all
summer, sitting and
visiting with neighbo

Although a favorit
family retreat, the
porch was also add
to enhance the front
their Nantucket-styl
home. With a room
7-foot depth to allo
comfortable yet coz
sitting area, the por
features built-up
columns and stone
planters that echo c
world craftsmanshi
Oversized boxes ad
weight to the front
columns and provic
manageable places
Mary to plant seaso
flowers. Spring bul
emerge in March, a
once they're spent,
fills boxes with colo
annuals (*above, rig*

continued on page 81

w will you take care of your
h cholesterol and heart disease?



always loved to dance. So I was thrilled when my oldest grandson wanted to follow in my steps. But before our first lesson, I had a heart attack. I needed to lower my cholesterol. Diet and else didn't do it—my cholesterol was still too high. So I asked my doctor about adding ZOCOR. OR is an effective medicine that along with diet and exercise can significantly lower total cholesterol. nical study among people with high cholesterol and heart disease found 42% fewer deaths from heart k among those taking ZOCOR.[1] One tablet, taken once a day, can help people with high cholesterol heart disease live a longer, healthier life. **Important considerations:** ZOCOR is a prescription cine and isn't right for everyone, including women who are nursing or pregnant or who may become nant, anyone with liver problems, and people who are allergic to any ingredients of ZOCOR. plained muscle pain or weakness could be a sign of a rare but serious side effect and should be rted to your doctor right away. Your doctor may do blood tests before and during treatment with ZOCOR eck for liver problems. To avoid serious side effects, discuss with your doctor medicine or food you ld avoid while on ZOCOR (see details immediately following this ad). **Ask your doctor if ZOCOR is for you. For more information call 1-888-663-7258 or visit www.zocor.com.**

read the additional information on ZOCOR immediately following this ad. Your results may vary.
reduction based on 111/2,221 (ZOCOR) vs 189/2,223 (placebo).

ZOCOR
(SIMVASTATIN)

ERCK

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It's your future. Be there.

ZOCOR®
(SIMVASTATIN)

PLEASE READ THIS SUMMARY CAREFULLY. AND THEN ASK YOUR DOCTOR ABOUT ZOCOR. NO ADVERTISEMENT CAN PROVIDE ALL THE INFORMATION NEEDED TO PRESCRIBE A DRUG. THIS ADVERTISEMENT DOES NOT TAKE THE PLACE OF CAREFUL DISCUSSIONS WITH YOUR DOCTOR. ONLY YOUR DOCTOR HAS THE TRAINING TO WEIGH THE RISKS AND BENEFITS OF A PRESCRIPTION DRUG FOR YOU.

USES OF ZOCOR

ZOCOR is a prescription drug that is indicated as an addition to diet for many patients with high cholesterol when diet and exercise are inadequate. For patients with coronary heart disease (CHD) and high cholesterol, ZOCOR is indicated as an addition to diet to reduce the risk of death by reducing coronary death; to reduce the risk of heart attack; to reduce the risk for undergoing cardiac procedures (coronary artery bypass grafting and percutaneous transluminal coronary angioplasty); and to reduce the risk of stroke or transient ischemic attack (TIA).

WHEN ZOCOR SHOULD NOT BE USED

Some people should not take ZOCOR. Discuss this with your doctor.

ZOCOR should not be used by patients who are allergic to any of its ingredients. In addition to the active ingredient simvastatin, each tablet contains the following inactive ingredients: cellulose, lactose, magnesium stearate, iron oxides, talc, titanium dioxide, and starch. Butylated hydroxyanisole is added as a preservative.

Patients with liver problems: ZOCOR should not be used by patients with active liver disease or repeated blood test results indicating possible liver problems. (See WARNINGS.)

Women who are or may become pregnant: Pregnant women should not take ZOCOR because it may harm the fetus. **Women of childbearing age should not take ZOCOR unless it is highly unlikely that they will become pregnant.** If a woman does become pregnant while on ZOCOR, she should stop taking the drug and talk to her doctor at once.

Women who are breast-feeding should not take ZOCOR.

WARNINGS

Muscle: Tell your doctor right away if you experience any unexplained muscle pain, tenderness, or weakness at any time during treatment with ZOCOR so your doctor can decide if ZOCOR should be stopped. Some patients may have muscle pain or weakness while taking ZOCOR. Rarely, this can include muscle breakdown resulting in kidney damage. The risk of muscle breakdown is greater in patients taking certain other drugs along with ZOCOR, such as the lipid-lowering drug Lopid (gemfibrozil), and other fibrates; lipid-lowering doses of niacin (nicotinic acid); Sandimmune (cyclosporine); itraconazole, ketoconazole, and other azole antifungal drugs; the antibiotics erythromycin and clarithromycin; HIV protease inhibitors; the antidepressant nefazodone; and the calcium channel blocker verapamil. Interruption of therapy with ZOCOR should be considered if you are going to take an azole antifungal medication, such as itraconazole, or macrolide antibiotics, such as erythromycin. Avoid drinking large quantities of grapefruit juice (more than one quart daily) while on ZOCOR. The risk of muscle breakdown is greater in patients with kidney problems or diabetes.

Because there are risks in combining therapy with ZOCOR with the products listed above, your doctor should carefully weigh the potential benefits and risks. He or she should also carefully monitor patients for any muscle pain, tenderness, or weakness, particularly during the initial months of therapy and if the dose of either drug is increased. Your doctor also may monitor the level of certain muscle enzymes in your body, but there is no assurance that such monitoring will prevent the occurrence of severe muscle disease.

If you have conditions that can increase your risk of muscle breakdown, which in turn can cause kidney damage, your doctor should temporarily withhold or stop ZOCOR. Also, since there are no known adverse consequences of briefly stopping therapy with ZOCOR, treatment should be stopped a few days before elective major surgery and when any major acute medical or surgical condition occurs. Discuss this with your doctor, who can explain these conditions to you.

Liver: About 1% of patients who took ZOCOR in clinical trials developed elevated levels of some liver enzymes. Patients who had these increases usually had no symptoms. Elevated liver enzymes usually returned to normal levels when therapy with ZOCOR was stopped.

In the ZOCOR Survival Study, the number of patients with more than one liver enzyme level elevation to greater than 3 times the normal upper limit was no different between the ZOCOR and placebo groups. Only 8 patients on ZOCOR and 5 on placebo discontinued therapy due to elevated liver enzyme levels. Patients were started on 20 mg of ZOCOR, and one third had their dose raised to 40 mg.

Your doctor should perform routine blood tests to check these enzymes before you start treatment with ZOCOR and periodically thereafter (for example, semiannually) for your first year of treatment or until 1 year after your last elevation in dose. Patients titrated to the 80-mg dose should receive an additional test at 3 months. If your enzyme levels increase, your doctor should order more frequent tests. If your liver enzyme levels remain unusually high, your doctor should discontinue your medication.

Tell your doctor about any liver disease you may have had in the past and about how much alcohol you consume. ZOCOR should be used with caution in patients who consume large amounts of alcohol.

PRECAUTIONS

Before starting treatment with ZOCOR, try to lower your cholesterol by other methods such as diet, exercise, and weight loss. Ask your doctor about how best to do this. Any other medical problems that can cause high cholesterol should also be treated.

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Drug Interactions: Because of possible serious drug interactions, it is important to tell your what other drugs you are taking, including those obtained without a prescription.

ZOCOR® (simvastatin) can interact with cyclosporine (Sandimmune), itraconazole, ketoco gemfibrozil, niacin, erythromycin, clarithromycin, HIV protease inhibitors, nefazodone, and ver

To avoid possible serious side effects, avoid drinking large quantities of grapefruit juice (more th quart daily) while on ZOCOR. (See WARNINGS, Muscle.)

Some patients taking lipid-lowering agents similar to ZOCOR and coumarin anticoagulants (a blood thinner) have experienced bleeding and/or increased blood clotting time. Patients takin medicines should have their blood tested before starting therapy with ZOCOR and should con be monitored.

Central Nervous System Toxicity; Cancer, Mutations, Impairment of Fertility: Li prescription drugs, ZOCOR was required to be tested on animals before it was marketed for hum Often these tests were designed to achieve higher drug concentrations than humans at recommended dosing. In some tests, the animals had damage to the nerves in the central system. In studies of mice with high doses of ZOCOR, the likelihood of certain types of ca tumors increased. No evidence of mutations of or damage to genetic material has been seen study with ZOCOR; there was decreased fertility in male rats.

Pregnancy: Pregnant women should not take ZOCOR because it may harm the fetus.

Safety in pregnancy has not been established. In studies with lipid-lowering agents similar to Z there have been rare reports of birth defects of the skeleton and digestive system. Therefore, wo childbearing age should not take ZOCOR unless it is highly unlikely they will become pregna woman does become pregnant while taking ZOCOR, she should stop taking the drug and tal doctor at once. The active ingredient of ZOCOR did not cause birth defects in rats at 3 times the dose or in rabbits at 3 times the human dose.

Nursing Mothers: Drugs taken by nursing mothers may be present in their breast milk. Bec the potential for serious adverse reactions in nursing infants, a woman taking ZOCOR sho breast-feed. (See WHEN ZOCOR SHOULD NOT BE USED.)

Pediatric Use: ZOCOR is not recommended for children or patients under 20 years of age.

SIDE EFFECTS

Most patients tolerate treatment with ZOCOR well; however, like all prescription drugs, ZOC cause side effects, and some of them can be serious. Side effects that do occur are usually m short-lived. Only your doctor can weigh the risks versus the benefits of any prescription drug. In studies with ZOCOR, less than 1.5% of patients dropped out of the studies because of side In a large, long-term study, patients taking ZOCOR experienced similar side effects to those taking placebo (sugar pills). Some of the side effects that have been reported with ZOCOR or drugs are listed below. This list is not complete. Be sure to ask your doctor about side effects taking ZOCOR and to discuss any side effects that occur.

Digestive System: Constipation, diarrhea, upset stomach, gas, heartburn, stomach pain/c anorexia, loss of appetite, nausea, inflammation of the pancreas, hepatitis, jaundice, fatty chan the liver, and, rarely, severe liver damage and failure, cirrhosis, and liver cancer.

Muscle, Skeletal: Muscle cramps, aches, pain, and weakness; joint pain; muscle breakdown

Nervous System: Dizziness, headache, insomnia, tingling, memory loss, damage to nerves weakness and/or loss of sensation and/or abnormal sensations, anxiety, depression, tremor, balance, psychic disturbances.

Skin: Rash, itching, hair loss, dryness, nodules, discoloration.

Eye/Senses: Blurred vision, altered taste sensation, progression of cataracts, eye muscle wea

Hypersensitivity (Allergic) Reactions: On rare occasions, a wide variety of symptoms ha reported to occur either alone or together in groups (referred to as a syndrome) that appeare based on allergic-type reactions, which may rarely be fatal. These have included one or more following: a severe generalized reaction that may include shortness of breath, wheezing, di symptoms, and low blood pressure and even shock; an allergic reaction with swelling of the fac tongue and/or throat with difficulty swallowing or breathing; symptoms mimicking lupus (a disc which a person's immune system may attack parts of his or her own body); severe muscle and vessel inflammation, sometimes including rash; bruises; various disorders of blood cells (tha result in anemia, infection, or blood clotting problems) or abnormal blood tests; inflamed or joints; hives; fatigue and weakness; sensitivity to sunlight; fever, chills, flushing, difficulty bre and severe skin disorders that vary from rash to a serious burn-like shedding of skin all over th including mucous membranes such as the lining of the mouth.

Other: Loss of sexual desire, breast enlargement, impotence.

Laboratory Tests: Liver function test abnormalities including elevated alkaline phosphata bilirubin; thyroid function abnormalities.

NOTE: This summary provides important information about ZOCOR. If you woul more information, ask your doctor or pharmacist to let you read the complete presc information and then discuss it with them.

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MERCK
Whitehouse Station, N

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continued from page 78



playful slant

Built on a steeply sloping site, Stacy and Vance Rogers' home in Corbett, Oregon, needed a porch that was safe as well as eye-sing. Looking over the Columbia River below, the original porch was rebuilt a 450-square-foot deck that extends along two sides of the house. Now, new ch doors from the dining room open to the back of the deck, and an access r to the kitchen is available on the side.

afety modifications were our primary concern. So when we replaced the e around the porch and deck, we had the rails spaced close together, even er than code," says Vance. The fencing was made of cedar, then primed and ted. "It's a popular choice of wood known to hold up well in Oregon's wet ate," says Rick Sovereign, the builder.

ket-fence-style gates reinforced with Z-bracings were added at the top of the s and at the other end of the deck, to create a totally enclosed haven.

continued on page 82

To order porch plans, see page 94

Give up.
Your teeth are
SURROUNDED.



NEW
Crest
TRIPLE EFFECT
Open up and smile.



continued from page 81

Along with the safety modifications, the Rogers wanted their porch to beautifully tie into the design of the house. Here are two of the building details
- The peak of the porch roof is similar to the one found over the entryway.
- The arched windows on either end of the porch roof match a window on the f of the home.

The covered part of the porch was in place when the Rogers bought the hou Although completely roofed on the top, it's open to rafters across the bottom s light filters onto the covered area through the arched windows at either end. I the evening, a light source suspended between the rafters provides a soft glov over the newly laid decking, which is stained a natural mahogany.

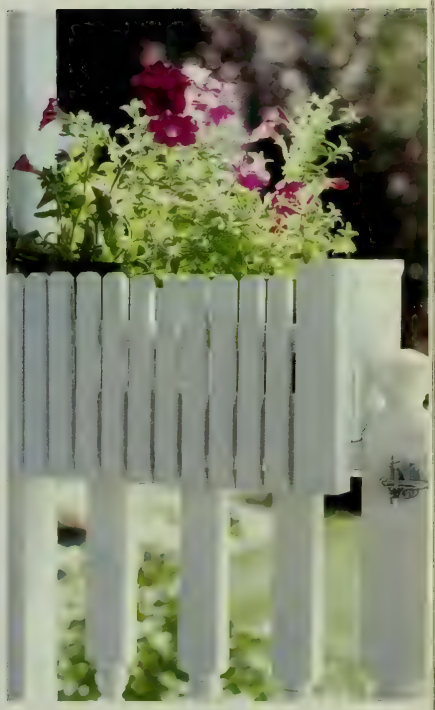
Reinforcement was added to the rafters by installing four sets of supporting twin columns. Each column supports double lengthwise rafters, which in turn support the cross rafters for the roof.

With the deck just outside the kitchen door, the Rogers frequently "eat out." To keep the family cat away from the dinner table, Vance built miniature-picket window boxes (*far right*). The boxes sit on the porch railing, which in turn supports the pots within.

continued on pag









it really be true that even the tiniest morsel
tfish can spark patriotism? You bet your
Sam it can. Assuming, of course, it's genuine
arm-Raised Catfish. Unlike some other imported
fish that go flapping around in
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on who knows what, our Catfish is raised
in pure, fresh waters and fed a gourmet diet of
al grains and proteins. Making a dish, be it grilled, blackened, baked or fried, so special one
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atfish.
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For The Seal.



Free Catfish
Recipe Booklet

continued from page 83

pot and put away



When your place to play needs a way to work, an attractive addition may be this multifunctional cottage-style potting table made of ½-inch plywood (we stained it sage green). The unit combines a comfortable-height countertop with outdoor storage—a convenience that's often overlooked. Store your pots and garden tools (contained in a basket) in the open areas (*bottom*), and outdoor furniture cushions and pillows behind closed doors (*right*). The table also features plastic bins that inset into the top. These small dishpans can serve as places either to catch soil while potting or as water basins.

continued on page 86

To order table plans, see page 94

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Village Tapestry™ Living Room:

Traditional Broyhill Sofa	$1199
Broyhill Loveseat (not shown)	$1169
Coordinating Chair	$749
Rectangular Cocktail Table	$679
Drawer Lamp Table	$679

Village Tapestry™ Wall

Left Facing Pier Cabinet	$569
Center Entertainment Unit	$1699
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Fontana™ by Broyhill®



FONTANA™ Living Room:

Casual Broyhill Sofa	$799
Matching Loveseat (not shown)	$769
Matching Settee	$769
Coordinating Chair-and-a-Half	$599
Cocktail Table	$299
Square Lamp Table	$259
Commode End Table	$249
Entertainment Armoire	$1199

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The classic but contemporary Fontana collection brings style and comfort — an instant attitude adjustment the minute you walk into your home. Keep it simple or lavish it with silks and satins...with Fontana it's your choice.

FONTANA™ Bedroom:

Queen Panel Bed	
Door Triple Dresser	
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FONTANA™ Youth Bedroom

Twin Panel Bed with rails	
Night Stand	
Five Drawer Chest	
Double Dresser	
Vertical Mirror	
Student Desk	
Large Hutch Bookcase	
Desk Chair	



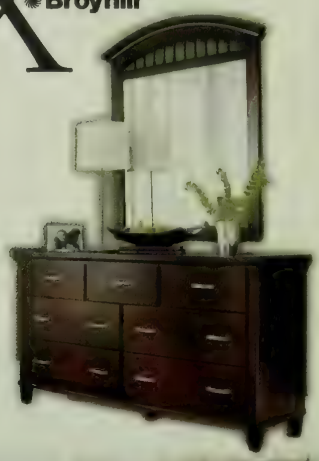
The clean lines and simple construction make the GX collection and hues® upholstery easy to build a home around. Go casual and toned down with neutrals and minimal accessories. Add pendant lighting and leopard skin for a walk on the wild side.

GX® Living Room:

Casual Broyhill Sofa	$799
Matching Loveseat (not shown)	$769
Coordinating Chair	$599
Round Lamp Table	$239



GX® Broyhill



X® Bedroom:

ıeen Spindle Bed with rails	$599
awer Dresser	$589
ndscape Mirror	$189
ght Stand	$259
awer Chest	$499

X® Dining Room:

ctangular Table and Four le Chairs	$1249
ctangular Table	$699
le Chair (each)	$159
m Chair (each)	$179
ıpboard	$999



Broyhill Showcase Gallery®

mart Buys!



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Broyhill Showcase Gallery

Smart Buys

PRESIDIO™ Living Room:

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PRESIDIO™ Dining Room:

Mission Trestle Table and Four Side Chairs	$1949
Trestle Table	$849
Side Chair (each)	$289
Arm Chair (each)	$339
China	$1969





PRESIDIO™ Bedroom:

Queen Rake Bed	$549
Drawer Dresser	$899
Landscape Mirror	$339
Night Stand	$399
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Upholstery pieces available in other fabrics
Prices vary according to fabric selection and style
Queen bed shown. Other sizes available. Matching rails also available. Village Tapestry Center Entertainment Unit accommodates most 32" televisions. The Fontana Entertainment Armoire accommodates most 27"
Check dimensions of the product and your individual TV for compatibility be

Manufacturer's suggested "Smart Buys" pricing effective through June 30, 20
vary at individual retailers. All items may not be available at all locations. I
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combination of solid wood, selected veneers and grain-engraved composite wood cores. M
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Some parts or decorative embellishments may be made of molded man-made components
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time *flies* when you're a kid.

Take a minute to savor the (too few) sweet days

of swing sets and sandboxes with fudgy, homemade

Betty Crocker™ chocolate chunk brownies.

You can have them in the oven

in less than *5 minutes.*

Her childhood won't last, but her memories

of the way you made it special will.





Betty Crocker...what a great *idea.*™

nd more great ideas at www.bettycrocker.com

continued from page 84

private paradise

The red brick of an existing backyard retaining wall (that was not high enough) inspired this newly added Eden at the home of Molly and Tad Remington of West Linn, Oregon. Here's how: First, an open space for entertaining was expanded (*above*) by adding brick pavers to an existing concrete patio. Then, the same brick pattern from the patio was used for the base of the pergola. A visual break was created with concrete pavers. Second, a classical pergola was placed within earshot of a new fountain and lily pond (*right*). The sections of the brick wall that would back the fountain were heightened to provide a good foundation, and create the private spot the couple desired.

continued on page 88

To order pergola plans, see page 94





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Dove® Nutrium Age-Defying Body Wash helps your skin look and feel as young as you do. One side contains a gentle cleanser, the other a replenishing lotion with anti-oxidants and vitamins. Together, they improve tone and texture, leaving your skin feeling young to the touch. www.dove.com

Dove NUTRIUM.

ves skin tone
d texture

continued from page

patio pastimes



Balmy weather encouraged Polly and Art Jones of San Diego to seek an indoor-outdoor feel in the remodel of their vintage 1912 home on Coronado Island. A garden party retreat seemed to fill the bill. The existing main house (*right*) and a new guest house (*above*) were made to open onto a newly laid courtyard, which contained a pool when the couple first bought the house. To keep the integrity of the home's historic look, windows with muntins (hand-milled to match the home's originals) and French doors were added to both structures. From the main house, the doors lead to a cozy deck semi-shaded with a trellis (*right*). On the other side of the flagstone dining space, the guest house doors welcome friends for a comfortable stay. The cottage, converted from a detached garage, is outfitted with a wet bar/sink, sitting area, and sleeping accommodations.

continued on page 90

To order trellis plans, see page 94

OULDN'T IT BE REAT IF HE WAS ROUND FOR HER IGH SCHOOL RADUATION.



Alpo has a proven formula that contains chicory, a natural ingredient. It helps control the bacteria in his system, improving his digestion. And since is 100% nutritionally complete, he can b all the essential nutrients he needs. ch helps him live a long and healthy life. ine how great it would be, having a picture r hugging him. In her cap and gown.

REAT DOG
ERVES A LONG LIFE.
REAT DOG
ERVES ALPO.

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continued from page 88

serene sunscreen

Kim Cordray of Des Moines, Iowa, didn't need additional indoor space. "I enjoy being outside and wanted a room without any flying insects," she says. That's why adding on a 16×14-foot screen porch made sense for her.

A sunroom would have been too isolating. Instead, the screen porch puts a roof over Kim's head, while still allowing her to enjoy the scent of newly mown grass or the sound of rain as it meets the ground. "It's cool to be relaxing on the sofa, listening to the rain—and not get wet," she says. The more sides of the porch that open to the great outdoors, the better: One is hardly enough, two is better, three is ideal. This project is also a less-expensive venture than a sunroom; a screen porch can be built by an experienced do-it-yourselfer looking to occupy some summer weekends.



The homeowner set important architectural guidelines for her project: It had to blend unobtrusively into the existing roofline; the size of the room had to be large enough to accommodate

continued on page



Sleeping well keeps you energized throughout the day. Orthopedic surgeons know this. And more of them sleep on a Sealy Posturepedic than on any other mattress. So why not enjoy the same deep sleep the back doctors get? After all, the day really begins the moment you fall asleep.

SALT LAKE 2002 TEAM SUPPLIER

Sealy Posturepedic
We support you night and day™

continued from page 90

additional eating off the main dining room and allow space for casual entertaining on warm evenings; and the new porch needed to flow with an existing deck.

Fully screening a gable (*below*) in the vaulted ceiling helps air move in and out of the room. To add more circulation on especially stifling days, a ceiling fan (*not shown*) was installed. Select a fan rated for outdoor use with stainless-steel hardware and nonwood blades.





The interior cedar trim (*above*) coordinates with the framing material (pressure-treated wood) that was left exposed. Only a thin layer of aluminum mesh separates Kim from nature, making breakfast at sunrise an inspiring, insect-free invitation.

The exterior structure of the screen porch (*below*) echoes the roof pitch on the front entry of the house. The new roof gently flows into the existing roofline without interruption.

Kim also selected finishes that would enable her to someday transform the outdoor retreat into a four-season room. Her forward-thinking details included insulating the ceiling; installing the flagstone floor on a plywood subfloor with a concrete-block foundation; and wiring the room's electrical system for outlets (spaced according to code for interior use) and lighting.

Buying information, page 60





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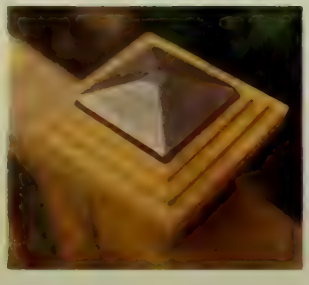
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fences & gates

welcoming arbor and fence



Although Doug Yochum planted a couple of trees in his Des Moines, Iowa, yard, he knew it would take several years for the trees to reach full shade-producing height. To add substantial landscape elements within a tighter time frame, he and friend Jim Callan collaborated with contractor John Comer to design a sidewalk-entry arbor and fences of varying heights. Adhering to city code, strict because of the home's corner-lot location, Comer built the arbor (*above*) out of cedar using 4×4 posts and 2×8 top rails for an above-ground height of 9 feet. He then attached a fence with copper-capped posts (*left*).

The new structures will soon be awash in lush foliage and vibrant blooms. Once the Chinese wisteria and Joseph's Coat climbing roses crawl further up the arbor, they will provide some of the shade and greenery that would typically come from a large tree.

continued on page 98

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continued from page 96

plant ledges and lattice

As Doug's low fence (see *page 96*) ambles down sidewalk, it gives way to a taller design (*below*) provides more privacy and masks the driveway the house. To keep the structure from confining the yard, Do and Jim combined three fence styles: tall panels topped wit rows of thin, narrowly spaced copper pipes; shorter panels t leave room for sheet-copper-covered plant ledges (*left*); and traditional lattice. "We wanted to do something a little different," Doug says. "We wanted to grow plants on it and didn't want it to be all wood."

continued on pag





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continued from page 98



cottage gate and arbor

Friendliness was a top design goal when Polly and Art Jones planned a gate and arbor (*above*) to complement their charming home in Coronado, California. The gate's 4½-foot-high solid panel provides privacy, but a lattice top lends a welcoming touch. "When you walk through the gate, the garden beckons," Polly says. "But first the little lattice provides a teaser."

To best set off her gardenias and roses, Polly painted the cedar structure—including the 4×4s and 2×6s that make up the arbor's post-and-beam frame—a crisp white.





garden door

Tropical plants create a living fence on either side of the door-style gate (*center*) that Jim Thompson designed for the Siesta Key, Florida, home he shares with wife Jerry. The cedar door stands strong thanks to a pair of 6×6 pressure-treated cedar posts. A sliding latch (*bottom*) salvaged from an old barn secures the door from the inside.

continued on page 102



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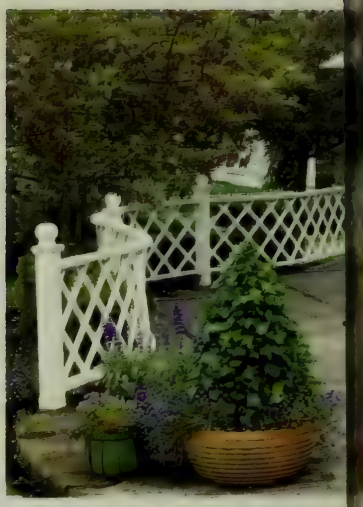
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continued from page 100

elegant picket fence

Building a new fence in a historic neighborhood required Leslie Ann Butler of Portland, Oregon, to take design cues from classic landscape structures. But Leslie Ann didn't want a typical fence either, so she chose a design that is formal, yet fresh (*below*). Several layers of moldings dress up the pressure-treated posts, and pointed tops add an interesting shape to the slim, square pickets. The gate on the end of the fence follows the roofline of the adjacent house. "I like the way the sun moves through the large and small posts," Leslie Ann says. "It changes throughout the day, making different shadows."





curvy fence

Tree trunks and flowerbeds dictated the winding fences in Dianne and J.D. Muyskens' Vancouver, Washington, yard. J.D. used a template to cut curved rails in one of the fences (*top*), and then finished the scheme with round finials and lattice. Dianne added a twig trellis to the other fence (*above*) to downplay the otherwise formal look.

continued on page 104


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by William L. Nolan

fun house X 5

"Oh boy! Now we can have a tea party." Finding ways to have fun in the backyard is a cinch when your kids have a playhouse all their own. Order plans for one of these five designs, or use ideas from each to create your own. Then watch the kids' eyes light up when it's time to move in.

continued on page 106


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have been reported in dogs after giving milbemycin oxime or lufenuron: vomiting, depression/lethargy, pruritus, urticaria, diarrhea, anorexia, skin congestion, ataxia, convulsions, hypersalivation and weakness. Caution: U.S. Federal law restricts this drug to
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packages of six tablets each. Storage Conditions: Store in a dry place at controlled room temperature, between 59°F and 86°F (15-30°C). ©2001 Novartis. SENTINEL and Flavor Tabs are registered trademarks of Novartis. NAH-SDV-1/00-1 12/00

continued from page 104



little red barn

It might be a tad tight for Daisy the cow, but this p
size barn is just right for Minnesotans Chelsea, 12
Natalia, 9. Fascinated by "grown-up" farm build
their carpenter dad, Tom Volna, incorporate
haymow sleeping loft, a brass and copper cupola
a weather vane, and a picket-fenced "farmyard."
cut the siding from 1×6 shelving (salvaged from a t
bin), and custom-built the windows from scrap.

continued on pag
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continued from page 106

knots-so-big house

No need to pack the kids off to camp this summer. Just build 'em this knotty pine cabin out back. Nestled in Linda and Dean Bonomo's backyard in California, it's a favorite hangout for son Matthew, 6, and daughter Victoria, 10. Special features include a vaulted ceiling (lets grown-ups stand), a gabled entry porch, sturdy plank flooring, and a rustic plank door that pulls open instead of latches (so toddlers can't get locked in).



continued on page 110
To order plan, see page 114

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a neat freak. I admit it. But with a cat, dogs and two children, it's tough to p everything clean. Every time I turn d, there's a new mess on the kitchen he living room carpet or the bathroom henever I spotted a mess, I had to go closet and drag out the upright vacu- eaner. Thank goodness I discovered ark Turbo Hand Vacuum! It's the ful and portable way to keep my and car clean.

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continued from page 108

tea for three

Teatime at the Rubles' playhouse in Washington includes daughters Alexandra, 6, Olivia, 2, and their friend, the March Hare. The house's siding is grooved plywood panels turned 90 degrees to mimic drop siding. Inside, the decor evokes a cozy English tea shoppe, complete with lace curtains. The faux-marble flooring is ¾-inch plywood, the "plaster" is faux-finish hardboard, and the "fireplace" flames are acrylic paint.



continued on page 112
To order plan, see page 114

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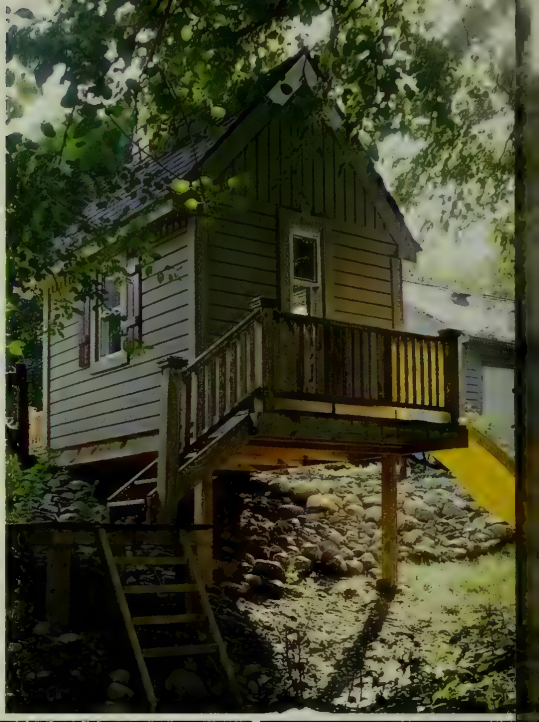
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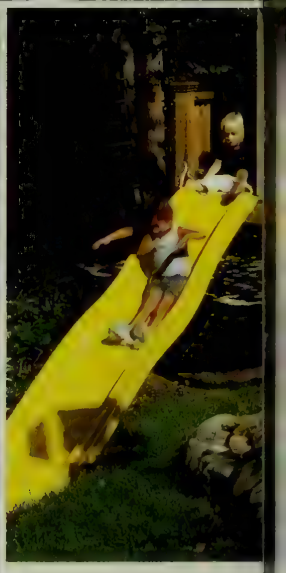
one-room school

Recess lasts all day at the country schoolhouse that Dan Hackett built for his daughter, Marisha, 4. She has a ground-level entry deck—just right for playing jacks or trading lunch-bucket goodies—plus a rear deck, overlooking a ravine. For fast getaways, Marisha and friends can skinny down a wavy plastic slide. Sturdy railings nearby protect whoever's waiting to go next.

continued on page 114
To order plan, see page 114









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continued from page 112

just like grandma's

Look familiar? This little charmer in Florida echoes the cottages our grandparents ordered from Sears, Roebuck and Co. Owner Paul Gidus reprised that look for his two daughters by including details that say home to any age: lap siding, a big front porch, gabled dormers, and window boxes. Like the early mail-order versions, this one uses stock items: barn-sash windows, 4×4 posts, and 1×4 fir trim.

Buying information, page 161



TO ORDER PLANS

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1. Little Red Barn
This miniature farmst measures approxima 10×8×8 feet tall.

2. Knot-So-Big House
This paneled cutie is ab 8×10×15 feet tall.

3. Tea for Three
A charming Dutch d leads the way into playhouse, which measu about 8×6×11 feet tall. cupola adds another 1½ to the overall height.

4. One-Room School
The basic house measu about 7×7×10 feet tall. bell tower adds about 3 to the height. The deck back is about 7×3 feet.

5. Just Like Grandma's
This dormered delight m sures about 10×6×8 feet

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Children who are on immunosuppressant drugs are more susceptible to infections than healthy children. Chickenpox and measles, for example, can have a more serious or even fatal course in children on immunosuppressant doses of corticosteroids. In such children, or in adults who have not had these diseases, particular care should be taken to avoid exposure. If exposed, therapy with varicella-zoster immune globulin (VZIG) or pooled intravenous immunoglobulin (IVIG), as appropriate, may be indicated. If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS

General: In clinical studies with triamcinolone acetonide nasal spray, the development of localized infections of the nose and pharynx with *Candida albicans* has rarely occurred. When such an infection develops it may require treatment with appropriate local or systemic therapy and discontinuance of treatment with **Nasacort AQ** Nasal Spray.

Nasacort AQ Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract or in patients with untreated fungal, bacterial, or systemic viral infections or ocular herpes simplex.

Because of the inhibitory effect of corticosteroids, in patients who have experienced recent nasal septal ulcers, nasal surgery, or trauma, a corticosteroid should be used with caution until healing has occurred. As with other nasally inhaled corticosteroids, nasal septal perforations have been reported in rare instances.

When used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, **Nasacort AQ** Nasal Spray should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Information for Patients: Patients being treated with **Nasacort AQ** Nasal Spray should receive the following information and instructions. Patients who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles and, if exposed, to obtain medical advice.

Patients should use **Nasacort AQ** Nasal Spray at regular intervals since its effectiveness depends on its regular use. (See **DOSAGE AND ADMINISTRATION**.)

An improvement in some patient symptoms may be seen within the first day of treatment, and generally, it takes one week of treatment to reach maximum benefit. Initial assessment for response should be made during this time frame and periodically until the patient's symptoms are stabilized.

The patient should take the medication as directed and should not exceed the prescribed dosage. The patient should contact the physician if symptoms do not improve after three weeks, or if the condition worsens. Patients who experience recurrent episodes of epistaxis (nose bleeds) or nasal septum discomfort while taking this medication should contact their physician. For the proper use of this unit and to attain maximum improvement, the patient should read and follow the accompanying patient instructions carefully.

It is important to shake the bottle well before each use. **Also, the bottle should be discarded after 120 actuations since the amount of triamcinolone acetonide delivered thereafter per actuation may be substantially less than 55 mcg of drug.** Do not transfer any remaining suspension to another bottle.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: In a two-year study in rats, triamcinolone acetonide caused no treatment-related carcinogenicity at oral doses up to 1.0 mcg/kg (approximately 1/30 and 1/50 of the maximum recommended daily intranasal dose in adults and children on a mcg/m^2 basis, respectively). In a two-year study in mice, triamcinolone acetonide caused no treatment-related carcinogenicity at oral doses up to 3.0 mcg/kg (approximately 1/12 and 1/30 of the maximum recommended daily intranasal dose in adults and children on a mcg/m^2 basis, respectively).

No mutagenicity studies with triamcinolone acetonide have been performed.

In male and female rats, triamcinolone acetonide caused no change in pregnancy rate at oral doses up to 15.0 mcg/kg (approximately 1/2 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). Triamcinolone acetonide caused increased fetal resorptions and stillbirths and decreases in pup weight and survival at doses of 5.0 mcg/kg and above (approximately 1/5 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). At 1.0 mcg/kg (approximately 1/30 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), it did not induce the above mentioned effects.

Pregnancy: *Teratogenic Effects: Pregnancy Category C.* Triamcinolone acetonide was teratogenic in rats, rabbits, and monkeys. In rats, triamcinolone acetonide was teratogenic at inhalation doses of 20 mcg/kg and above (approximately 7/10 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). In rabbits, triamcinolone acetonide was teratogenic at inhalation doses of 20 mcg/kg and above (approximately the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). In triamcinolone acetonide was teratogenic at an inhalation dose of 500 mcg/k mately 37 times the maximum recommended daily intranasal dose in adults o basis). Dose-related teratogenic effects in rats and rabbits included cleft palate an hydrocephaly and axial skeletal defects, whereas the effects observed in the m cranial malformations.

There are no adequate and well-controlled studies in pregnant women. Therefo nolone acetonide should be used in pregnancy only if the potential benefit j potential risk to the fetus. Since their introduction, experience with oral cortico pharmacologic as opposed to physiologic doses suggests that rodents are mo teratogenic effects from corticosteroids than humans. In addition, because ther ral increase in glucocorticoid production during pregnancy, most women will req exogenous corticosteroid dose and many will not need corticosteroid treatm pregnancy.

Nonteratogenic Effects: Hypoadrenalism may occur in infants born of mothe corticosteroids during pregnancy. Such infants should be carefully observed.

Nursing Mothers: It is not known whether triamcinolone acetonide is excreted in h Because other corticosteroids are excreted in human milk, caution should be exe **Nasacort AQ** Nasal Spray is administered to nursing women.

Pediatric Use: Safety and effectiveness in pediatric patients below the age of 6 not been established.

Corticosteroids have been shown to cause growth suppression in children and particularly with higher doses over extended periods. If a child or teenager on a teroid appears to have growth suppression, the possibility that they are particula to this effect of corticosteroids should be considered.

ADVERSE REACTIONS

In placebo-controlled, double-blind, and open-label clinical studies, 1483 adul dren 12 years and older received treatment with triamcinolone acetonide aq spray. These patients were treated for an average duration of 51 days. In the co als (2-5 weeks duration) from which the following adverse reaction data are de patients were treated with **Nasacort AQ** Nasal Spray for an average of 19 days term, open-label study, 172 patients received treatment for an average duration Adverse events occurring at an incidence of 2% or greater and more comm **Nasacort AQ**-treated patients than placebo-treated patients in controlled adult c were:

Adverse Events	Patients treated with 220 mcg triamcinolone acetonide (n=857) %	Veh Plac (n=96
Pharyngitis	5.1	3.
Epistaxis	2.7	0.
Increase in cough	2.1	1.

A total of 602 children 6 to 12 years of age were studied in 3 double-blind, pl trolled clinical trials. Of these, 172 received 110 mcg/day and 207 received 220 **Nasacort AQ** Nasal Spray for two, six, or twelve weeks. The longest average d treatment for patients receiving 110 mcg/day and 220 mcg/day were 76 days a respectively. Only 1% of those patients treated with **Nasacort AQ** were discont adverse experiences. No patient receiving 110 mcg/day discontinued due to a seri event and one patient receiving 220 mcg/day discontinued due to a serious eve considered not drug related. Overall, these studies found the adverse experienc **Nasacort AQ** to be similar to placebo. A similar adverse event profile was obser atric patients 6-12 years of age as compared to older children and adults with th of epistaxis which occurred in less than 2% of the pediatric patients studied.

Adverse events occurring at an incidence of 2% or greater and more common a patients treated with placebo than **Nasacort AQ** were: headache, and rhinitis. In ch 6 to 12 years these events included: asthma, epistaxis, headache, infection, o sinusitis, and vomiting.

In clinical trials, nasal septum perforation was reported in one adult patient alt tionship to **Nasacort AQ** Nasal Spray has not been established.

In the event of accidental overdose, an increased potential for these adverse e may be expected, but acute systemic adverse experiences are unlikely. (See **OVE**

OVERDOSAGE

Like any other nasally administered corticosteroid, acute overdosing is unlikely the total amount of active ingredient present. In the event that the entire contents tle were administered all at once, via either oral or nasal application, clinically systemic adverse events would most likely not result. The patient may experience trointestinal upset.

Caution: Federal law prohibits dispensing without prescription.

Please see product circular for full prescribing information.

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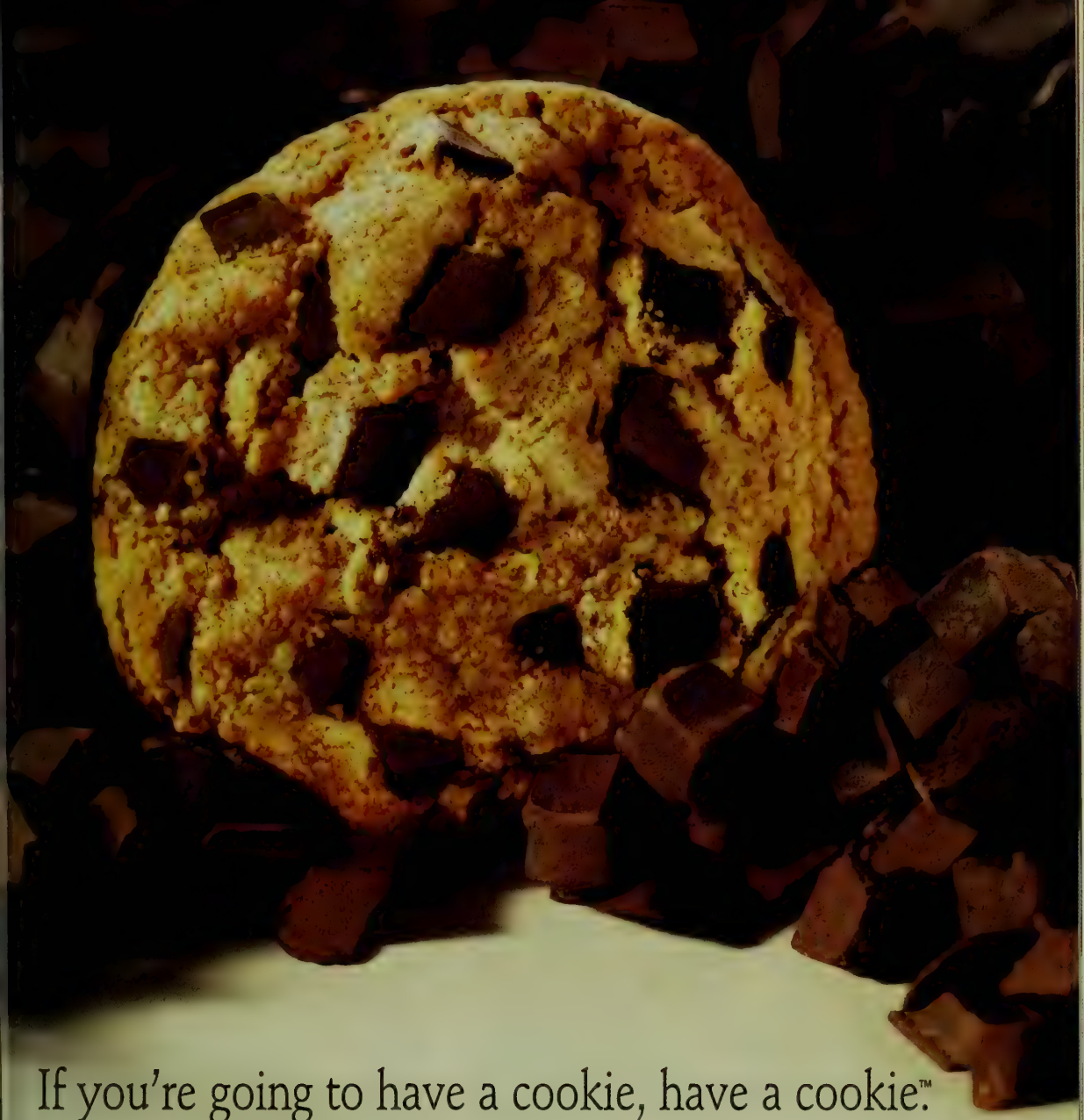
garden sheds

cedar-shingle shed



Dianne and J.D. Muyskens store their garden gear with style in this cottage-cozy potting shed. Cedar-shingle siding and roofing, forest green trim, and arched windows and doors give the 102 square-foot structure a warm look that blends into the couple's backyard (*above*). The inside of the she is finished as a bona fide room (*left*), complete with a secondhand table and an Oriental rug that J.D. bought at a yard sale for $5. "Since we were going to mak the whole thing whimsical, we went all the way," Dianne says.

continued on page 120 To order plans, see pag



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PEPPERIDGE FARM

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continued from page 118

pretty-porch shed

Antiquing paid off for Lisa and Wayne Pimental, who one day stumbled upon three transom windows that sparked the design for the shed at their Warwick, Rhode Island, home. Wayne used the windows for a shed dormer that faces the front of the structure (*above*). The L-shape building measures 180 square feet and splits into two rooms—one for lawn and sports equipment, the other for tools. Exterior cladding changes from one part of the structure to the other, as well. Most of the shed features board-and-batten siding, but the bump-out is covered with clapboard. A shady porch further dresses up the facade. "It all gives the structure an old feeling, as if it has been built onto and changed over the years," Wayne says.

To save money on roofing, Wayne chose slate-look composite shingles rather than ones made of cedar. He then extended the roof in the back (*right*) to shelter a woodpile.

continued on page 122 To order plans, see page 94




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continued from page 1



cottage-cozy shed

Stacked stone walls, clapboard siding, and shutters with pine-tree cutouts come together in this 8×11-foot shed (*above*), and for good reason: The scheme matches Mary Pat and Bevan Lundgren's Des Plaines, Illinois, home. "I wanted it to look charming," Mary Pat says. "I didn't want to look out my kitchen window and see an ugly shed."

The Lundgrens keep tools, sleds, and bikes inside the shed. But on the outside they store firewood under the eaves on elevated concrete pads (*right*). The woodpile area is on the back of the shed, keeping the front free of clutter.



To order plans, see page 94



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PATIENT INFORMATION ABOUT LAMISIL® TABLETS
Generic name: terbinafine (tur-bin-uh-feen)

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What are LAMISIL Tablets?
LAMISIL Tablets are a prescription medicine for the treat onychomycosis (on-ee-ko-mi-ko-sis).

What is onychomycosis?
Onychomycosis is a fungal infection of fingernails or toen Because the fungus infects the area underneath the nail a the place where the nail forms, it can be very stubborn ar cult to cure. The infection may cause some or all of the fo ing: the nail can turn colors like white, yellow or brown, a become thickened and brittle. Additionally, it may be pain some people.

How do LAMISIL Tablets work?
When you take LAMISIL Tablets, the active ingredient, terb travels to the infected area under the toenail or fingernail Because terbinafine accumulates and lingers in the area c nail that is growing, it can continue to work for months e after your prescription is finished, allowing the nail to hea rally over a period of time.

How to take LAMISIL Tablets
Patients take one 250 mg tablet per day (it may be taken or without food). You should follow your doctor's advice to take LAMISIL Tablets. Be sure to take the complete cor your medicine. For toenail infections, treatment time is 12 For fingernail infections, treatment time is 6 weeks. It is tant to note that the complete healing process often takes least 10 to 12 months for toenails and 4 months for finge This is due to the length of time it takes for the new nails grow in.

Who should not take LAMISIL Tablets
LAMISIL Tablets should not be taken by anyone allergic t of its ingredients.

You should be aware of these warnings and precaution taking LAMISIL Tablets
- As with all medications, you should discuss any side eff you experience with your doctor or healthcare professio
- Rare instances of serious liver problems or skin reaction been reported in patients using LAMISIL Tablets. In such treatment with LAMISIL should be discontinued. Your d may ask you to undergo tests before and during treatme LAMISIL Tablets.
- In clinical studies, 0.9% of patients taking LAMISIL Tabl continued therapy because of a skin rash. In rare cases, skin reactions could indicate a serious side effect. If you a rash, stop taking LAMISIL and call your doctor.
- Isolated cases of decreases in white blood cell count ha reported. In all of the reported cases to date, these have reversible.
- Patients with liver disease or kidney problems should n LAMISIL Tablets.
- If you have problems with your immune system, your d may need to monitor your white blood cell count carefull you take LAMISIL Tablets for more than 6 weeks. In son cases, LAMISIL therapy may need to be discontinued.
- Changes in the retina and lens of the eye have been repo following the use of LAMISIL. The significance of these c is not known. In clinical studies, 0.9% of patients discon taking LAMISIL because of visual disturbances.
- The tumor-causing potential of LAMISIL has been exam numerous studies in mice, rats, dogs, and monkeys. Ma given a daily dosage approximately 13.8 times the maxin recommended human dose based on body weight, shov marginal increase in the incidence of liver tumors. No in in tumors was noted in a wide range of studies in mice, and monkeys. These tests suggest that this is a finding to rats.
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- No studies have been done in children to evaluate the sa LAMISIL Tablets.
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Possible side effects
Most patients tolerate treatment with LAMISIL Tablets ver However, like all prescription drugs, LAMISIL Tablets may some side effects in some people. These side effects, as mined by three clinical studies, were mild and in general lead to discontinuation of treatment with LAMISIL Tablets. most commonly reported side effects were headache, whi occurred in 12.9% of patients, gastrointestinal symptoms including diarrhea (5.6%), upset stomach (4.3%), taste di bances (2.8%), nausea (2.6%), abdominal pain (2.4%), fl lence (2.2%), rash (5.6%), itching (2.8%), hives (1.1%), abnormalities in laboratory tests of liver enzymes (3.3%) some cases, these complaints were no more frequent tha patients taking placebo (sugar pill).

LAMISIL Tablets were prescribed only for you. Do not sh LAMISIL Tablets with anyone else. Keep LAMISIL Tablet all other medications away from children. For more info tion about LAMISIL Tablets and fingernail or toenail fun infections, talk to your doctor or other healthcare profes

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s with Lamisil Tablets, the most commonly reported ts included headache, symptoms of stomach upset and rare instances, serious effects on the liver and serious tions were reported. However, Lamisil Tablets are well l by most people.

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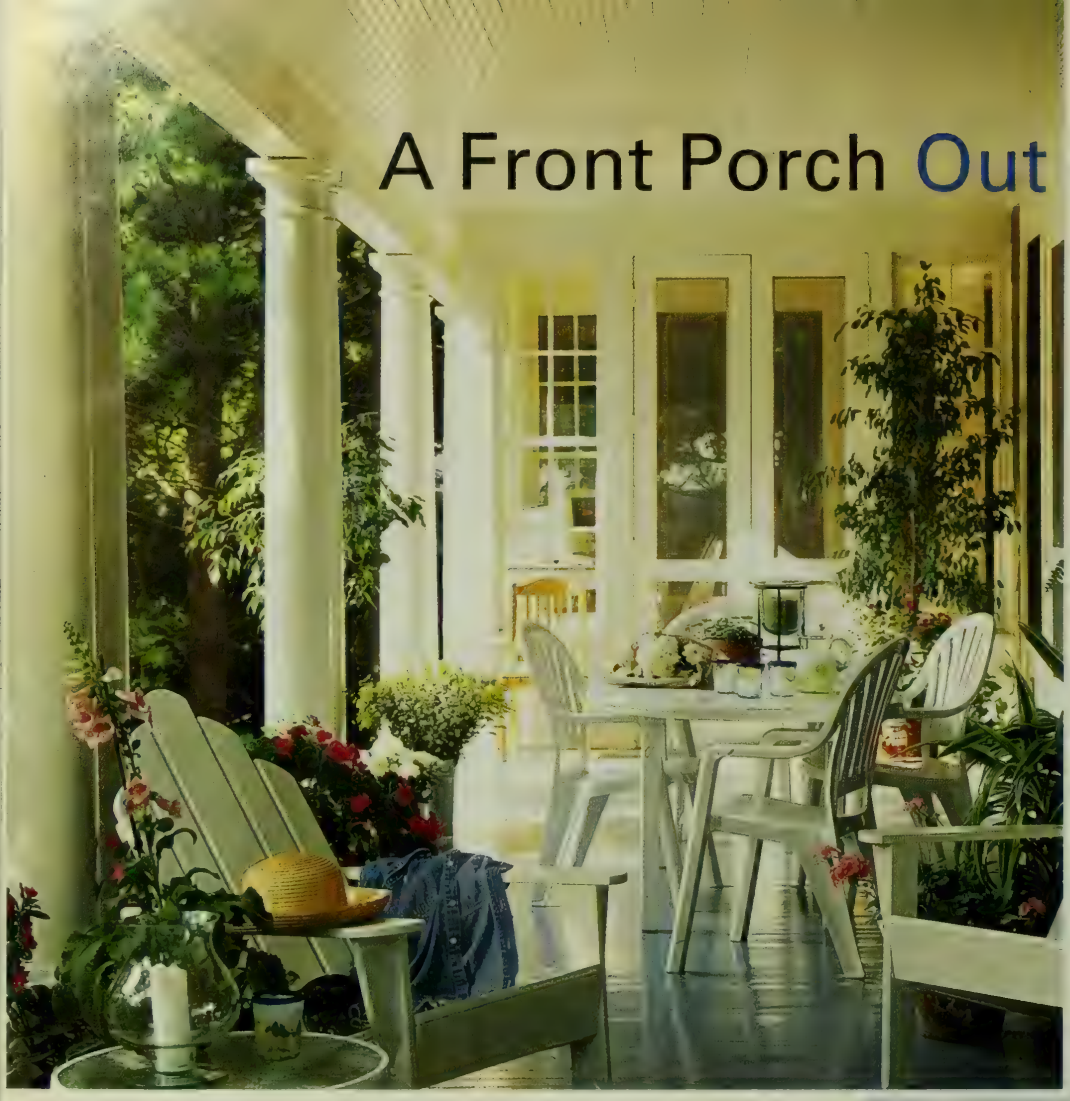
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A Front Porch Out Back



A table and chairs, just ste away from the kitchen, make this back porch favorite spot f dining outdoo After a meal, family membe can relax on comfy Adiron-dack chairs.



Front porches have always appealed to Betsy and Patrick Barrett. Watching the world from a front porch can be relaxing—even entertaining. But as much as they love their front-of-the-house perch, they found that they didn't always want the world watching back. What they really wanted, the couple decided, was a choice of porches—one in front for sociability, one in back for privacy.

The porch that the Barretts added to the rear of their house is designed to look like the front porch, but the one out back opens to a private yard where it acts as a sanctuary for the family. The space is well suited for quiet times, such as family dining, and it's a wonderful spot for entertaining guests.

Classic details abound. Doric columns support the roof, and the ceiling is clad with traditional white-painted beadboard. Underfoot there's wood strip flooring, and a set of tiered stairs step down to the backyard. Risers on the stairs were painted white to contrast with the gray treads.



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Good to the Last Drop

MAXWELL HOUSE





Pavers, bricks, and stone line beds and a path to a vine-covered arbor (*far left*).

Flowers spill over pavers and rock (*near left* and *below*).

Warm Walkways

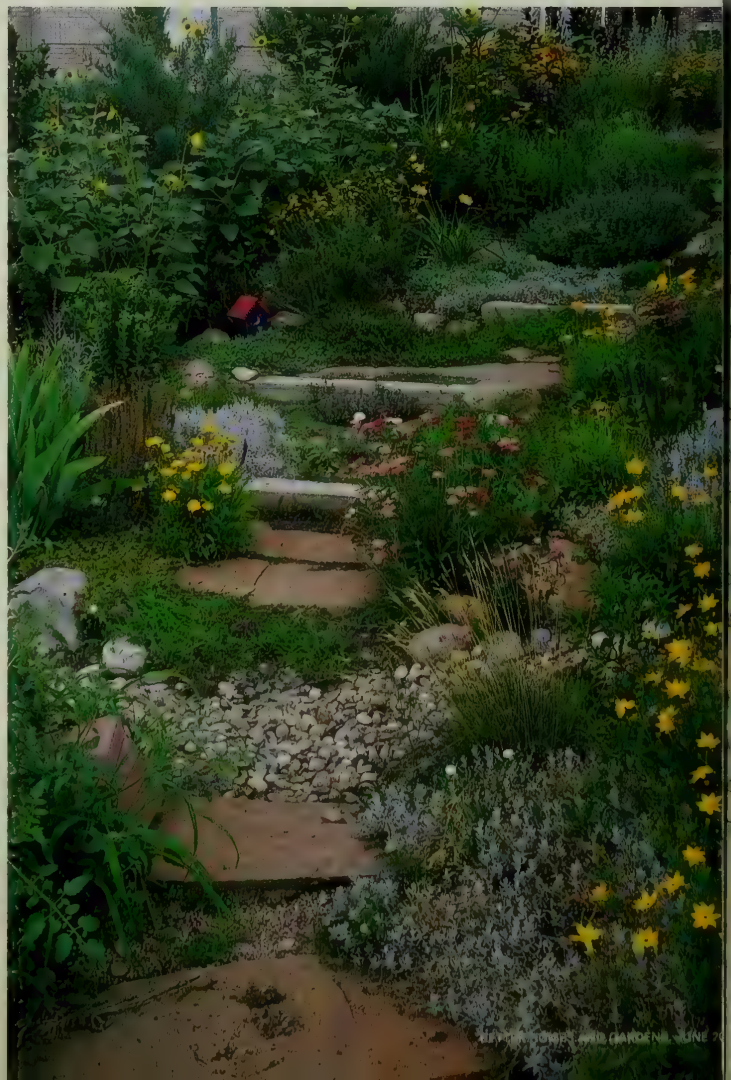
Red rock, matching pavers, and brick define garden spaces, adding a warm feeling to this Colorado backyard.

Mary Saba found that pairing bricks and stone in the same warm hue gave her garden a thematic element that helped tie her whole backyard together. Mary has minimized lawn space in her Englewood, Colorado, backyard and uses a series of red rock paths to traverse the sloping site.

In most areas of the country, flat stone like this can be laid down as an informal path without any kind of base. In lawns, simply place each stone where you want it, outline the pieces with your spade, set aside the stone for a moment while you scoop up the outlined section of turf, and then plop the stone back in this shallow hole. If seasons later you find any stones settle or shift, lift the stone back up, slice out about an inch of soil, replace that soil with sand, and set the stone back in its place.

If you leave soil between each step, you can—like Mary—plant ground-hugging flowering plants between, and around, the stepping-stones.

by Craig Summers Black




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Bank Vault Safety

The passenger cabin was unscathed after crash testers slammed the Mercedes C-Class into a barrier at 40 mph. The windshield didn't even crack.

Technicians at the Insurance Institute for Highway Safety ought to know a safe car when they smash one. They've witnessed more than 130 current models crashed in the name of safety at the institute's test center in Virginia. And they've never seen any car protect passengers better than the $29,990 Mercedes C-Class sedan.

"It was an incredible performer," says Brenda O'Donnell, safety institute spokesperson. "There wasn't even a crack in the windshield." Institute testers awarded the 2001 C-Class their Best Pick designation that goes to only the most protective, crush-resistant vehicles.



Mercedes C-Class, a Best Pick for safety

continued on page 132

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First in Home Improvement

continued from page 130



A sporty wagon version of the C-Class will be available in September. Because the wagon and sedan are identical from front bumper to windshield pillars, wagon owners can expect the same Best Pick crash protection.

The unbroken windshield is a spectacular rarity, but the way the C-Class coddles the passenger cabin is more significant.

"There was absolutely no intrusion into the occupant compartment," O'Donnell says. "After the crash, you could literally open the door and walk away."

No intrusion—that's the key to saving lives in serious frontal crashes, according to institute technicians. If the occupant compartment remains intact, the safety belts and air bags can do their work to prevent significant injuries. In lesser cars, however, the wheels and various under-hood components often smash through the engine wall into the cabin.

To limit intrusion, Mercedes cars use a "crumple zone" design. It combines a rigidly built passenger compartment with front and rear body structures that absorb the lethal crash energy before it reaches the passengers. Those body structures are set to collapse at a predetermined rate upon impact. The C-Class, completely redesigned for 2001, also benefits from an unusual ellipsoid wall between the engine bay and passenger compartment. This curved shape helps channel destructive collision forces to the sides rather than letting them punch into the passenger cabin.

Seat belts that reel you in

The four main seats in the C-Class are fitted with electronically controlled belt tensioners. In a frontal crash, even before your body starts to move forward, the tensioner acts like a lightning-fast fishing reel to take up slack (more than 4 inches, if needed) and anchor you to your seat.

Then, as deceleration forces build and the front air bags inflate, belt force limiters begin to ease the belt's iron grip, allowing the driver and front passenger to settle forward into the inflated air bag. These limiters reduce the risk of serious chest and shoulder injuries caused if your body slams against the belt.

Eight air bags are standard, including side-curtain bags. Similar to air mattresses, these curtains instantly deploy to protect your head and neck during any side-impact accident. (They don't inflate in a frontal crash.)

The institute's crash tests are paid for by insurance companies, which hope that safer cars will reduce their payouts for collision injuries. Depending on how cars perform, testers issue ratings of good, acceptable, marginal, or poor. Elite "crème de la crash" cars get designated Best Picks. Turn to *page 134* for details on four other cars that earned "good" ratings in the latest tests.

continued on page 134

SAFETY HATCH

The second member of the C-Class family—a hatchback coupe—goes on sale in July. Priced about $27,000, the two-door will supplant the sedan as the least expensive Mercedes in North America. A panoramic sunroof with glass over the entire roof gives the car an open-air, convertiblelike feeling. Rear seatbacks fold to create a flat load space beneath the hatch that's as voluminous as the back of a small wagon. Safety? The coupe has different body panels, but Mercedes builds it around the same structure as the sedan and gives it the same safety equipment.









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Being a teenager is hard. Getting rid of acne shouldn't be.

continued from page 132



Good (or even better)

Four cars performed well enough to earn "good" ratings i the latest round of crash tests by the Insurance Institute fo Highway Safety. None of the four handled the crash with th impervious aplomb of the Mercedes C-Class (see *page 130* but two—the economical Honda Civic and the luxurio Lexus LS430—went beyond "good" to earn the crash lab recognition as Best Picks.

Ford Focus







Honda's safety engineers are on a roll. First, the 2001 Civic coupe won five-star ratings in all four of the federal front and side-impact crash tests. Now, the insurance institute accords the Civic sedan a "good" rating and adds its top Best Pick label for its performance in the 40 mph offset crash. Redesigned for 2001, Civic joins Volkswagen New Beetle as the only inexpensive small cars to be named Best Picks. With automatic transmission, air, antilock brakes, and side air bags, Civic EX costs $18,160.

Stratus is the poster child for safety improvement. In 1995, it's near-twin, the Chrysler Cirrus, flunked the offset crash with a poor rating. "The occupant compartment of the old Cirrus essentially collapsed," said institute spokesman Brian O'Neill. "In contrast, the 2001 Stratus held up well," and earned a "good" rating. Stratus also won top five-star ratings in government frontal crash tests. Price: $19,380 with side air bags.

The edgy, youth-oriented Ford Foc earned a "good" rating. It missed achi ing Best Pick because it allowed sligh more intrusion into the passenger co partment than the comparably sized Civ Government crash test results were: Fo stars for frontal protection, three stars driver side-impact protection, and fo stars for rear passenger side impa When equipped with antilock brak side-impact air bags, automatic transm sion, and air conditioning, Focus carrie sticker price of $15,480.

Did you ever get an "A" on a test b asked to retake the exam so you cou earn a perfect score? That's what t perfectionists at Lexus did. The LS430 $54,550 luxury sedan, earned a "goo overall rating and Best Pick status, ev though its air bag and safety belt prete sioners deployed slightly late. After min wiring changes, Lexus asked for a seco crash test. The result: "good" ratings f the belts and air bags too.



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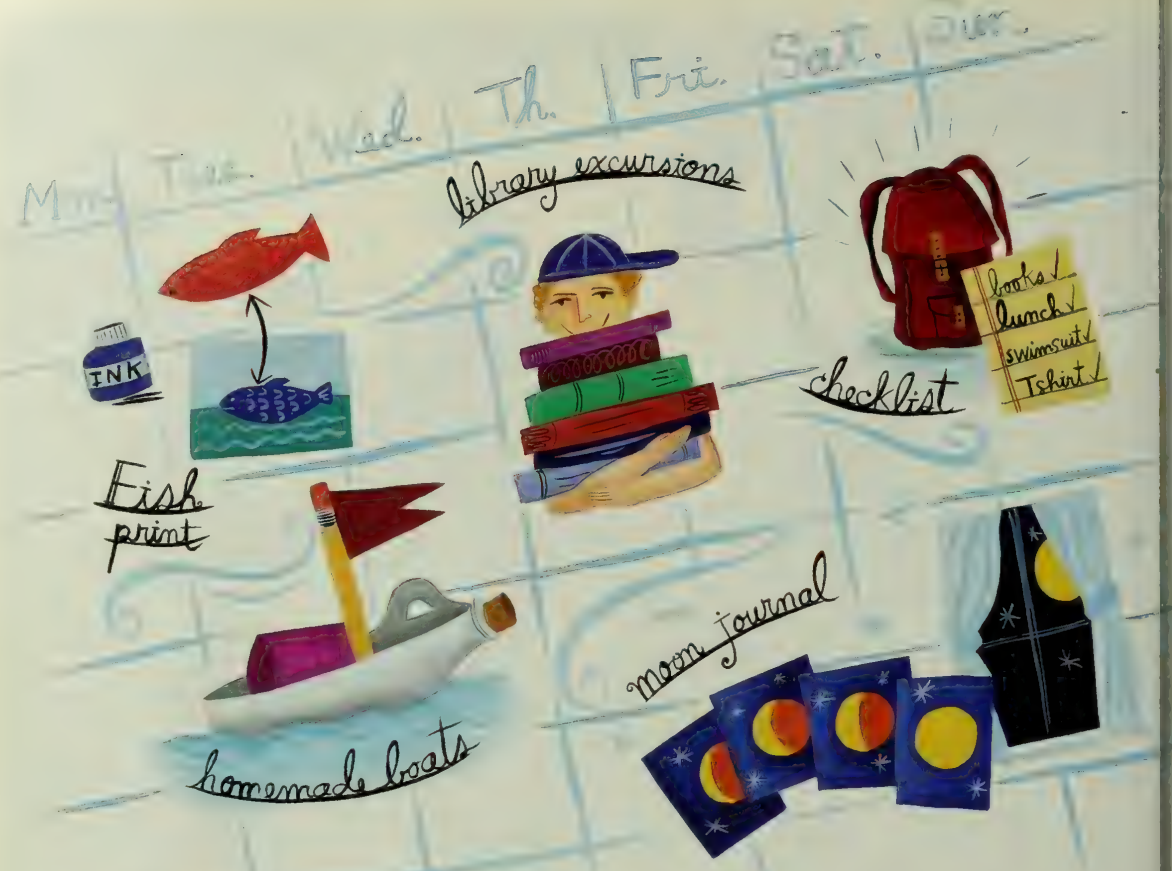
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Summer Learning

by
Michele Meyer

Enrich your child's reading, writing, science, and math skills throu books, travel, museum visits, experiments, crafts, and games this summer. The vacati months are an ideal time because learning can be hands-on, outdoors, self-directe discovery-oriented, creative, and messy. Those are all things you can't often do in schoo

"When kids are in school, knowledge is very theoretical," says Laurel Schmidt, author *Seven Times Smarter: 50 Activities, Games and Projects to Develop the Seven Intelligences of Yo Child* (2001). "But at home, they learn through play, putting in action the skills that th learned in school." Here are some ways to make your child's summer vacation tim entertaining yet educational—and rarely expensive. To keep things interesting, we suggested a schedule of activities throughout the summer months. Follow our calendar, create your own to fit your family's needs.

Reading and writing

- Make reading a habit. Encourage kids to have a ritual of reading for the first half ho or hour of the day after they awake, and at certain other times, perhaps after naps.
- Start a writing log. Have kids add an entry each day, focusing on a detail of the da events that made them amused, excited, or thoughtful. "If you do it every day, the l takes a life of its own because kids don't want to skip a day," says Lucy Calkins, auth of *Raising Lifelong Learners* (1997).
- Make reading an adventure. Hold read-aloud slumber parties and reading dates at t

continued on page 1



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ı to love yogurt for life. And to moms, that's big.

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Summer Learning

continued from page 136

park after library excursions, "anything that makes it different," says Ginny Markell, president of the National Parent Teacher Association. You might take kids picnicking, and have a 20 minute reading break.

Creativity

- Spin tales with toys. If your child is playing with a building-block character, give him a name, like "Sir Eric." Invent a narrative history for him, and then ask your child the story behind the figure. "What was putting a head on a body becomes an imaginary world, and the same goes for trucks or teddy bears," Calkins says.
- Start a story while driving or running errands. Build up to a cliffhanger, then have your child pick up the narrative for the next few minutes (reciting from the beginning, if you want to boost memory skills). "It's a great way to develop vocabulary, storytelling communications, and word games," says Deborah Stipek, dean of the School of Education at Stanford University and coauthor of *Motivated Minds: Raising Children to Love Learning* (2001).

Getting organized and responsible

- Plant a garden. Children will learn to care for the plants as they grow. They will also learn the effects of drought and bad weather. You can embellish this activity by searching for and identifying insects.

Numbers and places

- Plan trips. Whether it's to Disney World or the local pet shop, kids in grades three and up can map your route. Read guidebooks and visit Web sites to help you determine what places to see, how long to schedule stops, and the length of the trip.
- Sharpen math skills by calculating mileage and the time a trip will take, as well as how much gas and spending money will be needed.
- Track the activities of a relative or an imaginary person, asking, "If you could go anywhere in world, where would you go?" and "How would you get there?" To make it more real, take an electronic field trip, say to Japan, through www.gol.com/jguide.

Science whiz kids

- Let them move water. Give your kids a bucket of water, soup ladles, wooden spoons, or anything else to hold or move water. Transferring water back and forth helps younger kids develop fine motor skills, while older kids can learn about volume and measuring. "Kids don't get much of a chance to act like scientists during school," Schmidt says. "They can think up their own questions, test them, and make conclusions."
- Explore the yard. Send kids out to find objects that are rough, smooth, wet, live, green, shiny, flexible, or round. They can start looking for one trait and then for things with multiple characteristics.

Reading and writing

- Let kids decide what they write, be it comic strips, songs, skits, postcards to grandparents, or tales about friends and family. You could even hold a talent night at the end of the month, where neighborhood kids perform for parents in whatever talent they choose.

Creativity

- Make a photo diary of the summer—or a favorite theme. K can use a camcorder or disposa camera to capture a favorite aspec their vacation and make a jour You might help them add spe effects and a soundtrack, and po on your family Web site.
- Ask your child to interview grandparents about their childho and then write a story set in t time, to get a sense of history. K also might learn how to embroide play chess.
- Use car games to entertain—a teach. Younger kids can learn alphabet by searching road signs f for the letter A in a sign, then until they finish the alphabet. Ol kids can improve their vocabulary searching for synonyms—as wel antonyms, with one person say "dark" and the other "light."

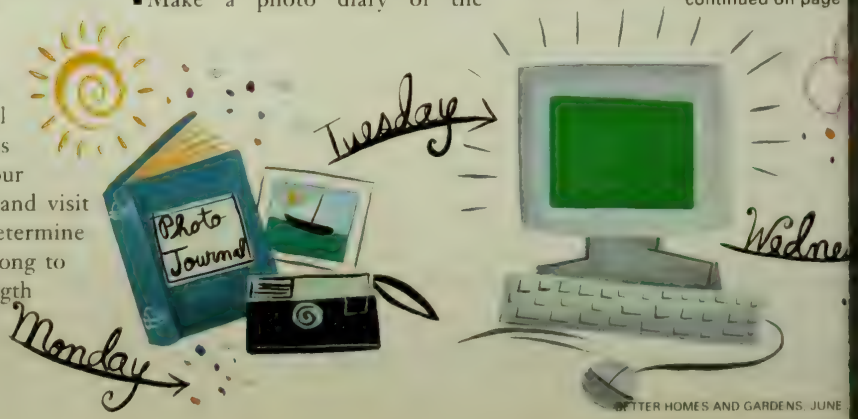
Getting organized and responsib

- Think of any purchase—be it a r bit or mini-disk player—as a ma inquiry. Your child can intervi people, research online, and su scribe to magazines to help choose and care for her new iten
- Enhance your child's memory asking him to pack his day ca backpack each day. He can develo checklist, helping him learn ab organization.

Numbers and places

- Hone math with basketball. Y children can learn their times tab by giving points for every bas made, starting with two points hoop, then three, then four.

continued on page



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ASTRO LIKE A ROCK

Summer Learning

continued from page 138

Science whiz kids

- Produce natural dyes. Gather dying flowers, sticks, vegetables, fallen leaves, and the like. Boil them separately to extract the color, then strain out the pulp, keeping the dye bath. This can be used to color T-shirts and scarves. For a tie-dye effect, put rubber bands around the cloth and dip it into the dye. Kids not only learn about the science of extracting color from nature, but also creative skills.
- Moon journaling. Have your child go outside every night for as many nights as possible, draw a picture of the moon on a sticky note, and date it. When she puts the resulting drawings in sequence, she'll learn about the phases of the moon.

Reading and writing

- Read newspaper and magazine articles to your kids and ask, "What do you think that means?" or "What do you think is going to happen—or should happen?"
- Encourage kids to form a book club with three or four of their best friends, with each child taking a turn at choosing a book.

Creativity

- Have kids bring tiny notebooks to collect snippets of conversation taken out of context (say on the bus or elsewhere). They can base a short story on these phrases. They also can save favorite words and synonyms to use in their writing.
- Illustrate adored books. Kids might act our their favorite scene from a book, or write a new ending.

Getting organized and responsible

- Use chores to teach deadlines, organization, and responsibility. Give your child whole jobs, so he not only puts away a can of peas, for example, but also clears and cleans the entire counter. This helps him plan as well as do things.
- Teach classification skills by having your child match and stack silverware and dishes of similar sizes and shapes as she puts them away.

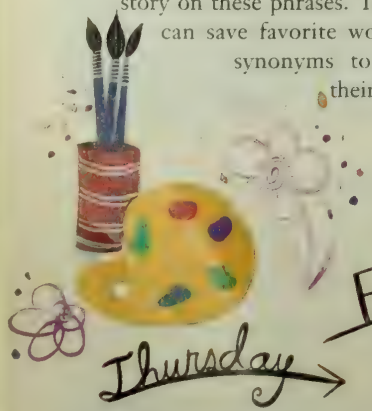
Numbers and places

- Use chores to improve math skills. Have kids help with the laundry: they can count sheets and towels, for math skills. They can learn skills for organizing by sorting laundry or stacking groceries. Older kids can add up all your purchases and figure out the tax or which size is the best bargain for a product. And your child can figure out how much you'll save by going to a movie matinee.
- Measure furniture and objects in a room with your child. Draw a floor plan, complete with furniture.

Science whiz kids

- Make handmade paper. Have your child tear old newspapers and scrap paper into thumbnail-sized pieces. Soak the paper in water for at least a few minutes. Place in a blender with water, and puree. The longer he runs the blender, the finer the pulp will be. With an old window screen, drain the water from the pulp and transfer it to newspaper. Flatten it with a rolling pin. Let pulp dry and then write on it.

Your child also can make molds with the pulp by filling cookie molds or draping over shells, doll faces, and other objects, and letting it dry to get a three-dimensional contour. Be sure to coat the shell, doll's face, or other object with petroleum jelly first so the paper won't stick.



VISIT WEB SITES

- Between the Lions. This early liter site, for children ages 4–7, offi appealing characters, terrific sor and games.
www.pbs.org/wgbh/lions/
- Online Adventures of Captain Un pants. The Scholastic site inclu Make your own Comic and Profes Poopypants' Name Change-o-Char
www.scholastic.com/captainun pants
- Virtual Frog Dissection Kit. You re can dissect a frog online!
http://george.lbl.gov/ITG.hm.pg.doc ssect/info.html
- How Stuff Works! This site v recently selected as "Reference Sit the Year" for current and practi content on equipment, technologi tools, weather, and nutrition.
www.howstuffworks.com
- NASA (National Aeronautics a Space Administration). Learn ab space projects and new discoveri Ask questions or visit the chat roor
http://quest.arc.nasa.gov/
- Tree of Life. Great information a colorful photos of plants and org isms, such as dandelions and firefli
http://phylogeny.arizona.edu/
- Create and print customized w search, crossword, and math puzz using your own word lists.
http://puzzlemaker.school.discovery.c
- Good Night Mr. Snoozleberg. Int active games require proble solving skills and a sense of humor
http://sarbakan.com/snooz
- Berit's Best Sites for Kids. This s features links just for kids.
www.beritsbest.com
- Photo Vault (Of Everything Under t Sun). This colorful site is a virtual w der, displaying photos of anima cities, countries, disasters, and mor
www.photovault.com/
- Ology. Stories, games, and activiti for kids ages 8 to 12, from The Ame can Museum of Natural History
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Family Matters Q & A



Q. Why does my toddler hit his baby sister after I tell him it's b

A. Your toddler isn't hitting his baby sister because he's being defiant—as some paren think. The problem may be that you are using language that your toddler doesn't unde stand. If, for example, your child hits his baby sister, you may say something like, "Do yo want a spanking?" But your son might not be able to connect the question to his behavio

"Adults don't realize that because young children have to first process the literal conte of what adults are saying, their understanding may stop there," says Dr. Denis Donova coauthor of *What Did I Just Say!?!* To communicate effectively, Donovan advises paren to say exactly what they mean in a direct, clear, and gentle but firm way. So next time do say: "Hitting is bad." Simply say, "Timmy, don't hit your sister."

Q. My 7-year-old still wets his bed—should I be concerned?



A. If your 7-year-old still wets the bed at night, don't despair—you're not alone. An estimated 5 to 7 million American children between ages 6 and 12 wet the bed regularly, a condition known medically as enuresis, according to The National Kidney Foundation.

Most often, school-age bed-wetting is caused by the delayed development of a child's nighttime bladder control, often an inherited condition. "The child has absolutely no control and should never be blamed for this and punished," says Dr. Fred Kaskel, director of pediatric nephrology at Children's Hospital at Montefiore Medical Center, Bronx, New York.

By age 5, most children have achieved nighttime control of urination. By age 6 or 7, if your child is wetting the bed once or twice a week, keep a close watch; most often, it will resolve itself, says Dr. Kaskel.

However, if your child consistently wets the bed most nights, start with behavior modification techniques (such as using a bed-wetting alarm) and then move to other methods, including bladder stretching exercises, counseling, or medication. For more information contact your health care provider, or the National Kidney Foundation at 800/622-9010.



Q. What can I do to help my kids avoid binge drinking?

A. According to a survey by the National Institute on Drug Abuse, 14 percent of 8th grader more than 25 percent of 10th graders, and 33 percent of high school seniors admitted t binge drinking of alcohol—that's five or more drinks in one sitting for boys, and four o more drinks for girls. "What is most alarming is that kids between the ages of 11 and 1 are drinking," says Judy Cushing, executive director of the Oregon Partnership, a nonprof substance abuse prevention organization based in Portland. "When kids start drinking befor the age of 15, they're four times more likely to become addicted to alcohol."

The Oregon Partnership recommends parents do the following: ▪ Talk to your childre when they're in elementary school about the dangers of alcohol, drug use, and tobacc ▪ Reinforce this with teens. Set rules and consequences. ▪ Never allow unchaperone parties at your home or serve alcohol to underage drinkers. ▪ Call host parents to make sur the parties your teens attend are supervised and alcohol-free. ▪ Tell your children you'r available to pick them up if they encounter a situation where there's drinking. Help ther plan an exit strategy. ▪ Don't be afraid to intervene if you think something is wrong.

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Green Landscaping Solutions



If landscaping is on your remodeling menu, try an approach that will satisfy your pocketbook as well as your appetite to protect our environment. Here are some simple things you and your family can do in the backyard to help conserve energy and natural resources.

- **Turn on your sprinklers** in the early morning to prevent unnecessary evaporation. Watering at this time of day also allows the plants to dry off speedily, minimizing the risk of fungal diseases.
- **Plant native flora** to attract birds and conserve water. Your local garden retailer or landscaper can help you with your selection. The birds will help reduce pests too.
- **Swap ground covers for lawn.** Ground covers, such as periwinkle, pachysandra, bugleweed, common or English Ivy, and liriope are attractive, low-water, low-maintenance alternatives to growing grass (especially in shady areas).
- **Don't use pesticides.** If you select native plants, you'll find they are quite tough.
- **Plant more shade trees,** such as cherry, maple, mountain ash, or oak, to shield your house naturally from the summer sun.
- **Use solar-powered walkway lighting** around your house and yard.
- **Use a push mower** and hand-operated trimming and pruning tools to save energy resources and reduce air pollution.
- **Leave grass clippings** on your lawn after you mow. This easy form of mulching is called grass-cycling. As clippings filter to the soil surface, they provide a temporary layer of mulch to conserve soil moisture and recycle nutrients. Also, cut grass no lower than 3 inches. Taller grass shades the soil, reducing surface heat and evaporation.
- **Start a compost pile** for your organic food waste, yard trimmings, and grass clippings. These can then be used as natural fertilizer.
- **Mulch.** Mulching with organic materials is one of the easiest ways to conserve soil moisture and provide long-term soil improvement.



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between $100 and $2
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between fertilizing intervals, use ORTHO® W
B-Gon® Lawn Weed Killer. ORTHO Weed-B-
attacks isolated weed problems without harm
the grass, so your lush lawn continues to thr



What's new...

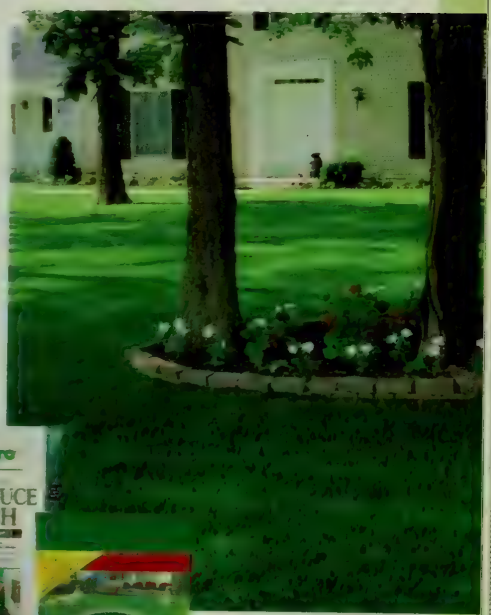
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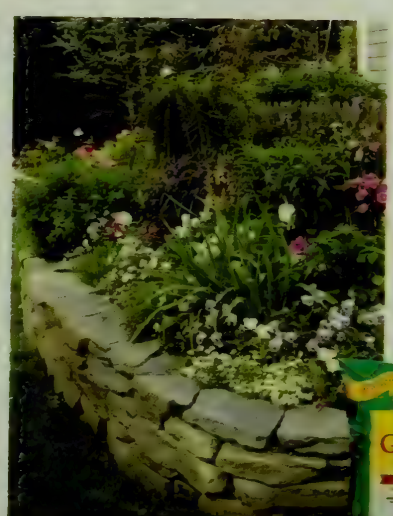
weekend garden projects



Mulch beds around trees make mowing much easier because you don't need to mow tight circles. To create an attractive bed, use Roundup® to spray a one- to three-foot circle (depending on the size of the tree) around the base of the tree. Don't worry: Roundup is safe to apply over the exposed roots of trees. The next day, spread a generous amount of Earthgro® Pine Mulch over the sprayed area. Once the bed is in place, make sure the lawn around it continues to be well-fed, with an application of Scotts® Turf Builder® lawn fertilizer.







Raised flower beds elevate your landscape to a new level. Start the project by using a garden hose to outline the shape of the bed. Try different patterns until you're pleased with the results. You may wish to kill grass in the bed area with Roundup. Follow your outline as you build a retaining wall of stone or landscaping timbers. Fill the bed with Miracle-Gro® Garden Soil for Flowers & Vegetables. It provides rich, organic ingredients and is enriched with Miracle-Gro® Plant Food to get your plants off to a great start.



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thrive. Keep in mind th
in containers require reg
feedings. Wherever you
to put your container gar
keep them close so you
enjoy them. For example
flowering plant outside a
window where it can be
inside and out. Place mat
pots on either side of a door for a
look. Or line a walkway with pots
the containers around to vary your
and to give plants a different expos



Plant a Row for the Hungry

Here's a way to share the fruits of your labor with those less fortunate. Scotts' *Give Back to Grow*™ initiative supports the Plant a Row for the Hungry program, in which gardeners plant an extra row of vegetables and donate the produce to needy families.

To learn how you can contribute food from your garden, visit **www.scotts.com** or call 1-877-492-2727

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▸ **Vegetable gardens** filled with plump, luscious vegetables are the product of good soil. The right soil has good porosity so roots can spread out and absorb the water, oxygen and nutrients the plants need. Miracle-Gro® Garden Soil for Flowers & Vegetables helps you get the best possible results in growing all types of vegetables. It contains rich organic ingredients, sphagnum peat moss and manure to improve soil condition and control moisture. Also, it's enriched with Miracle-Gro® Plant Food to help plants get off to a great start. To control insect pests, use ORTHO® Bug-B-Gon® Multi-Purpose Insect Killer to kill more than 75 troublesome garden pests.



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on and efforts like a vase
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s will accent your dining
brighten your work
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ic evening. To be sure
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utiful blooms for cutting,
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it back and enjoy the
and fragrance—inside
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▼**Rose gardens** throughout history have been a timeless favorite, a symbol of love, the epitome of elegance. And devotees agree that roses deserve the best care. Miracle-Gro® Garden Soil for Roses provides a rich organic growing medium for the best start possible when planting rose bushes. It includes bone meal for better roots and blooms. For established roses, work some into the top two inches of soil each spring to supply them with fresh nutrients—you'll see the difference.

For even better performance, apply ORTHO® RosePride™ Total Rose Care™. It's a two-product package that contains a slow-release fertilizer and a systemic aerosol spray to protect against insects, disease and mites.





▲**Window boxes** brimming with color do double duty—they allow you to enjoy your flowers from indoors and out. Like other containers, window boxes dry out faster than flower beds, so they need Miracle-Gro® Moisture Control™ Potting Mix. Its exclusive blend of coconut fibers and sphagnum peat moss releases water slowly to help reduce plant stress and protect plants against the effects of too much or too little water. Miracle-Gro® Moisture Control™ Potting Mix is light and airy to promote healthier roots.





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editor's choice

Just Say the Word

When the torrid, sweltering days of summer finally end and you can once again fully enjoy the outdoors, what in the garden is blooming? Well, chrysanthemums, of course. Mums and...well...nothing else? Maybe not, unless you give some thought right now to putting out a few obedient plants, those pink- or white-flowering snapdragon look-alikes.

This perennial is also a great plant for beginners because of its tendency to spread. After three or four years, depending on your point of view, you will have either an impressive stand of obedient plants or way too many. But it's hard to have a surplus of the variegated variety, a plant that is just as handsome (some gardeners say even more so) when it is not yet in flower. Demand a reliable late bloomer that looks attractive all growing season long, and this is one plant that will obey.

- **Growth habit:** 2 feet tall and spreading.
- **Hardiness:** Minus 35°.
- **Bloom time:** Late summer, early fall.
- **Light:** Full sun.
- **To order:** See *page 157*.

continued on page 152



Variegated Obedient Plant
(Physostegia virginiana Variegata)

by Craig Summers Black

ILLUSTRATION: GLORIA ERIKSEN



IINK OF IT AS UPGRADING YOUR CONTACTS.

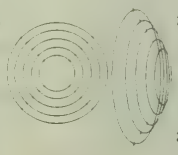
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continued from page 150

looking good

On common ground

Marietta Pane's gardening was so skillful it inspired friends living in the house next door, Jennifer Cecil and Joanne Tilley. Although the two yards evolved into decidedly different styles, these neighbors decided to share a bit of turf. They tore down a property line fence out front to create a free-flowing flower bed—a real beauty that even makes their city lots look larger.



the front yards



Marietta's front yard (*above*) is fairly formal until it melds into the flower border shared with her neighbors (*left*). "The whole thing started just because we used to talk across the fence," Marietta says. "It's still private, but it's not a wall."



Joanne and Jennifer's sunny front yard (*left*) was mostly lawn before they converted to perennials and an open architectural look. As Marietta says, "By putting larger plants out toward the edge, it keeps some privacy."

Marietta (with hat) and Joanne garden (*above left*) and then relax under the large fir (*below*).



continued on page 154



Grand Prize: A new Toyota Tundra, $5,000 in Home Depot merchandise and a consultation on a home decorating/remodeling project with a design expert.

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Illegible and postage-due entries are not eligible. **Eligibility:** Sweepstakes is open to legal residents of the 50 states and the District of Columbia (excluding Puerto Rico and other territories and possessions) who are 18 years of age as of 02/19/01. Employees of Meredith Corporation, Toyota Motor Sales, U.S.A., Inc., The Home Depot and their affiliates, subsidiaries, advertising, promotion agencies, members of the judging organization, Ventura Associates, and the immediate families of each and persons with whom they are domiciled are not eligible. The sweepstakes is void in compliance with all applicable U.S. Federal, state and local laws and shall be void where prohibited or restricted. **Prizes:** ONE (1) GRAND PRIZE: new Toyota Tundra 4x4 with SR5 Package, plus a $5,000 shopping spree at The Home Depot consisting of four hours of consultation on a home decorating/remodeling project with a designer selected by Meredith Corporation, a manufacturer's suggested retail price of the Vehicle is $26,785. The winner shall be responsible for all taxes, title and registration fees or other costs, including without limitation any travel or transportation costs, associated with the Vehicle (provided, however, the Vehicle shall be delivered at no cost to the winner to an authorized Toyota dealer or distributor in the continental U.S. reasonably close in proximity to the winner's residence). The Vehicle shall only be delivered in the continental United States. The Vehicle will be delivered solely with the manufacturer's warranties set forth in the Vehicle's applicable *Owner's Guide*, which warranties are in effect for the term set forth in said *Guide*. Meredith Corporation, Toyota, The Home Depot and their respective affiliates shall not be responsible for delays in delivery or failure to deliver. Delivery is subject to availability and shall use all reasonable efforts, subject to force majeure, to deliver the Vehicle within one hundred eighty days after receipt of the aforementioned documentation. The winner shall bear all risk of loss or damage to the Vehicle after it has been delivered to the delivery site. The winner must personally retrieve the prize vehicle within 30 days of written notification of delivery and must present adequate personal identification and evidence of legally required insurance. An alternative winner shall be selected and the original winner's rights to the Vehicle shall be forfeited. Destination charges, dealer prep and optional equipment are winner's responsibility. Total ARV of shopping spree and designer consultation must be claimed by 11/30/01. (Total ARV of all prizes: $43,385.) 300 FIRST PRIZES: $25.00 gift cards from Home Depot. (ARV: $25.00 each. Total ARV: $7,500.) All prizes are non-transferable, and no cash or other substitutions will be made on any prizes except that Sponsor reserves the right to substitute prizes of equal or greater value). All taxes and other expenses not specified herein are the responsibility of the winner. Odds are dependent on number of eligible entries received. Estimated circulation of this offer is 40 million. **Winner Selection:** Winners will be determined in random drawings from among all eligible entries received on or about 07/14/01 by Ventura Associates, Inc., an independent judging organization whose decisions are final in all matters relating to this Sweepstakes. Winners will be notified by mail on or about 7/31/01 and will be required to complete and return an Affidavit of Eligibility and Liability Release and Publicity Release which must be returned within 14 days from date printed on the notification letter or an alternate winner will be selected at random. If a prize notification is returned as undeliverable, the winner will be disqualified and an alternate will be selected at random. If winner is an eligible minor, prize may be awarded to parent or legal guardian. Acceptance of a prize constitutes permission to use the winners' names, addresses, photographs, testimonials or other likenesses and/or prize information or personal exposition for promotional, advertising and/or publicity purposes without compensation to the winner except where prohibited by law. **Additional Conditions:** Use of automated devices not valid for entry. No photocopied or mechanically reproduced entries accepted. 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CAUTION: ANY ATTEMPT BY AN ENTRANT TO DELIBERATELY DAMAGE ANY WEB SITE OR UNDERMINE THE LEGITIMATE OPERATIONS OF THE SWEEPSTAKES IS A VIOLATION OF CRIMINAL AND CIVIL LAWS AND SHOULD SUCH AN ATTEMPT BE MADE, THE SPONSOR RESERVES THE RIGHT TO SEEK DAMAGES FROM SUCH ENTRANT TO THE FULLEST EXTENT PERMITTED BY LAW. SPONSOR RESERVES THE RIGHT TO DISQUALIFY ANY ENTRANT WHO COMPROMISES THE OPERATION OF THE SWEEPSTAKES BY VIRUS, BUGS, HACKING, PROGRAMMING, TAMPERING OR OTHER CAUSES BEYOND THE CONTROL OF SPONSOR THAT CORRUPT OR AFFECT THE ADMINISTRATION, SECURITY, FAIRNESS OR PROPER PLAY OF THE SWEEPSTAKES. IF SPONSOR SUSPECTS ANY SUCH CONDUCT, SPONSOR RESERVES THE RIGHT TO MODIFY, SUSPEND OR TERMINATE THE ONLINE PORTION OF THE SWEEPSTAKES AND CONTINUE THE MAIL-IN PORTION. 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TOYOTA

THE HOME DEPOT

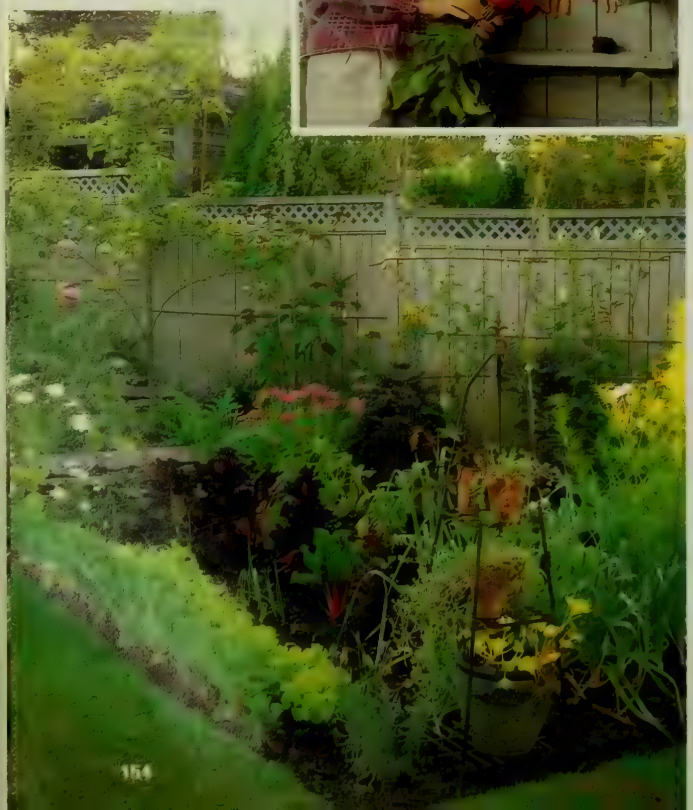
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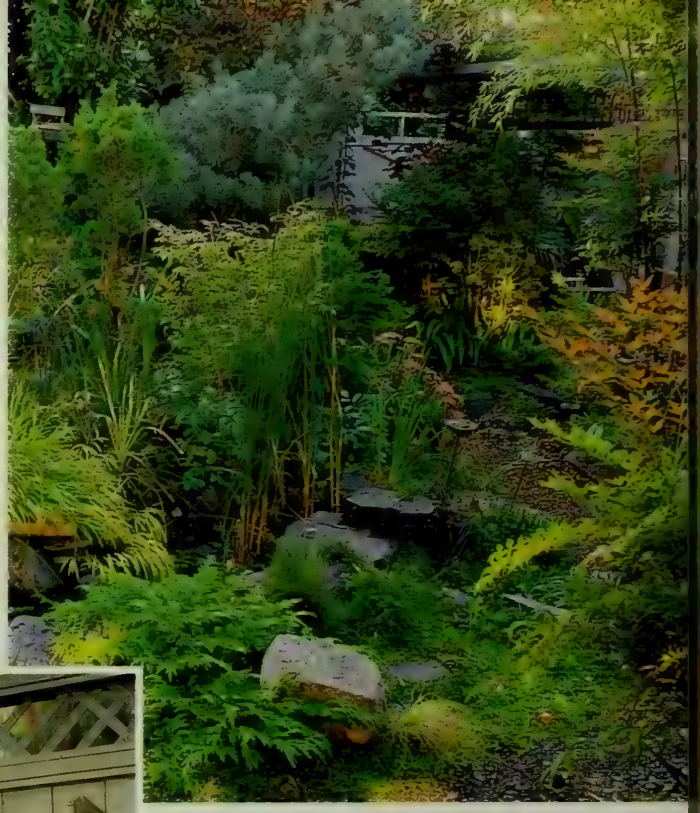
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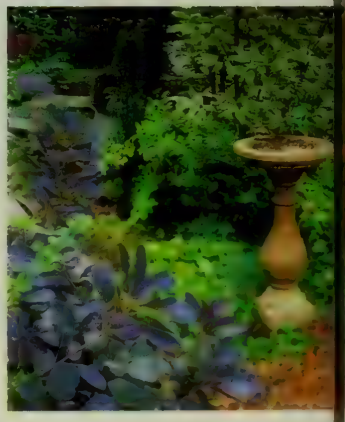
Their backyards reflect their individual styles as well. Marietta's is a quiet retreat layered in foliage. Jennifer and Joanne's is primarily a vegetable garden. The backyards are fenced, but it's a friendly fence. A "cookie path" goes from each back door to a pass-through in the latticed structure. In this portal, they leave each other baked goods or business cards of new nurseries. Says Joanne, "It's better than e-mail!"

the back-yards







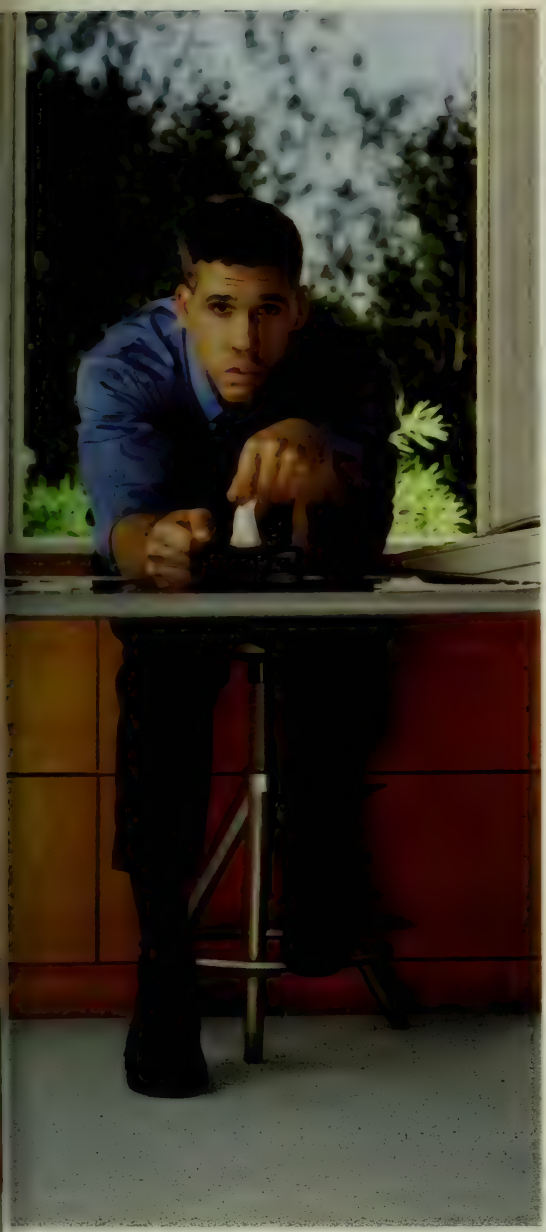


Marietta's shady backyard (*above* and *right*) is strong on foliage. Joanne and Jennifer's backyard (*below left* and *below right*) is sunny and open, with a reliance on food production and vertical gardening.

Jennifer shares some produce with Marietta at the window in their fence (*center left*). "As our gardens grew," says Joanne, "we became better friends."

continued on page 156





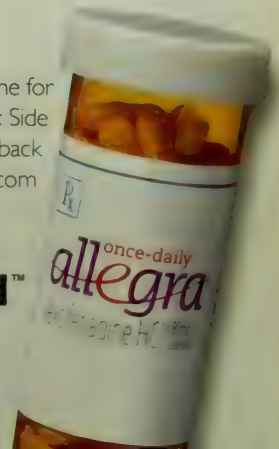
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Brief Summary of Prescribing Information as of February 2000

ALLEGRA

(fexofenadine hydrochloride)

Capsules and Tablets

INDICATIONS AND USAGE

Seasonal Allergic Rhinitis

ALLEGRA is indicated for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 6 years of age and older. Symptoms treated effectively were sneezing, rhinorrhea, itchy nose/palate/throat, itchy/watery/red eyes.

Chronic Idiopathic Urticaria

ALLEGRA is indicated for treatment of uncomplicated skin manifestations of chronic idiopathic urticaria in adults and children 6 years of age and older. It significantly reduces pruritus and the number of wheals.

CONTRAINDICATIONS

ALLEGRA is contraindicated in patients with known hypersensitivity to any of its ingredients.

PRECAUTIONS

Drug Interaction with Erythromycin and Ketoconazole

Fexofenadine hydrochloride has been shown to exhibit minimal (ca. 5%) metabolism. However, co-administration of fexofenadine hydrochloride with ketoconazole and erythromycin led to increased plasma levels of fexofenadine hydrochloride. Fexofenadine hydrochloride had no effect on the pharmacokinetics of erythromycin and ketoconazole. In two separate studies, fexofenadine hydrochloride 120 mg twice daily (two times the recommended twice daily dose) was co-administered with erythromycin 500 mg every 8 hours or ketoconazole 400 mg once daily under steady-state conditions to normal, healthy volunteers (n=24 each study). No differences in adverse events or QT_c interval were observed when patients were administered fexofenadine hydrochloride alone or in combination with erythromycin or ketoconazole. The findings of these studies are summarized in the following table:

Effects on steady-state fexofenadine hydrochloride pharmacokinetics after 7 days of co-administration with fexofenadine hydrochloride 120 mg every 12 hours (two times the recommended twice daily dose) in normal volunteers (n=24)

Concomitant Drug	*C_{max} (Peak plasma concentration)*	*$AUC_{ss(0\text{-}12h)}$ (Extent of systemic exposure)*
Erythromycin (500 mg every 8 hrs)	+82%	+109%
Ketoconazole (400 mg once daily)	+135%	+164%

The changes in plasma levels were within the range of plasma levels achieved in adequate and well-controlled clinical trials.

The mechanism of these interactions has been evaluated *in vitro*, *in situ*, and *in vivo* animal models. These studies indicate that ketoconazole or erythromycin co-administration enhances fexofenadine gastrointestinal absorption. *In vivo* animal studies also suggest that in addition to increasing absorption, ketoconazole decreases fexofenadine hydrochloride gastrointestinal secretion, while erythromycin may also decrease biliary excretion.

Drug Interactions with Antacids

Administration of 120 mg of fexofenadine hydrochloride (2 x 60 mg capsule) within 15 minutes of an aluminum and magnesium containing antacid (Maalox®) decreased fexofenadine AUC by 41% and C_{max} by 43%. ALLEGRA should not be taken closely in time with aluminum and magnesium containing antacids.

Carcinogenesis, Mutagenesis, Impairment of Fertility

The carcinogenic potential and reproductive toxicity of fexofenadine hydrochloride were assessed using terfenadine studies with adequate fexofenadine hydrochloride exposure (based on plasma area-under-the-concentration vs. time [AUC] values). No evidence of carcinogenicity was observed in an 18-month study in mice and in a 24-month study in rats at oral doses up to 150 mg/kg of terfenadine (which led to fexofenadine exposures that were respectively approximately 3 and 5 times the exposure from the maximum recommended daily oral dose of fexofenadine hydrochloride in adults and children).

In *in vitro* (Bacterial Reverse Mutation, CHO/HGPRT Forward Mutation, and Rat Lymphocyte Chromosomal Aberration assays) and *in vivo* (Mouse Bone Marrow Micronucleus assay) tests, fexofenadine hydrochloride revealed no evidence of mutagenicity.

In rat fertility studies, dose-related reductions in implants and increases in postimplantation losses were observed at an oral dose of 150 mg/kg of terfenadine (which led to fexofenadine hydrochloride exposures that were approximately 3 times the exposure of the maximum recommended daily oral dose of fexofenadine hydrochloride in adults).

Pregnancy

Teratogenic Effects: Category C. There was no evidence of teratogenicity in rats or rabbits at oral doses of terfenadine up to 300 mg/kg (which led to fexofenadine exposures that were approximately 4 and 31 times, respectively, the exposure from the maximum recommended daily oral dose of fexofenadine in adults). There are no adequate and well controlled studies in pregnant women. Fexofenadine should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nonteratogenic Effects. Dose-related decreases in pup weight gain and survival were observed in rats exposed to an oral dose of 150 mg/kg of terfenadine (approximately 3 times the maximum recommended daily oral dose of fexofenadine hydrochloride in adults based on comparison of fexofenadine hydrochloride AUCs).

Nursing Mothers

There are no adequate and well-controlled studies in women during lactation. Because many drugs are excreted in human milk, caution should be exercised when fexofenadine hydrochloride is administered to a nursing woman.

Pediatric Use

The recommended dose in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adults and pediatric patients, and on the safety profile of fexofenadine hydrochloride in both adult and pediatric patients at doses equal to or higher than the recommended doses.

The safety of ALLEGRA tablets at a dose of 30 mg twice daily has been demonstrated in 438 pediatric patients 6 to 11 years of age in two placebo-controlled 2-week seasonal allergic rhinitis trials.

The safety of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adult and pediatric patients and on the safety profile of fexofenadine in both adult and pediatric patients at doses equal to or higher than the recommended dose.

The effectiveness of ALLEGRA for the treatment of seasonal allergic rhinitis in patients 6 to 11 years of age was demonstrated in one trial (n=411) in which ALLEGRA tablets 30 mg twice daily significantly reduced total symptom scores compared to placebo, along with extrapolation of demonstrated efficacy in patients ages 12 years and above, and the pharmacokinetic comparisons in adults and children. The effectiveness of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on an extrapolation of the demonstrated efficacy of ALLEGRA in adults with this condition and the likelihood that the disease course, pathophysiology and the drug's effect are substantially similar in children to that of adult patients.

The safety and effectiveness of ALLEGRA in pediatric patients under 6 years of age have not been established.

Geriatric Use

Clinical studies of ALLEGRA tablets and capsules did not include sufficient numbers of subjects aged 65 years and over to determine whether this population responds differently from younger patients. Other reported clinical experience has not identified differences in responses between the geriatric and younger patients. This drug is known to be substantially excreted by the kidney, and the risk of toxic reactions to this drug may be greater in patients with impaired renal function. Because elderly patients are more likely to have decreased renal function, care should be taken in dose selection, and may be useful to monitor renal function. (See CLINICAL PHARMACOLOGY)

ADVERSE REACTIONS

Seasonal Allergic Rhinitis

Adults. In placebo-controlled seasonal allergic rhinitis clinical trials in patients 12 years of age and older, which included 2461 patients receiving fexofenadine hydrochloride capsules at doses of 20 mg to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. All adverse events that were reported by greater than 1% of patients who received the recommended daily dose of fexofenadine hydrochloride (60 mg capsules twice daily), and that were more common with fexofenadine hydrochloride than placebo, are listed in Table 1.

In a placebo-controlled clinical study in the United States, which included 570 patients aged 12 years and older receiving fexofenadine hydrochloride tablets at doses of 120 or 180 mg once daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 1 also lists adverse experiences that were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at doses of 180 mg once daily and that were more common with fexofenadine hydrochloride than placebo.

The incidence of adverse events, including drowsiness, was not dose-related and was similar across subgroups defined by age, gender, and race.

Table 1

Adverse experiences in patients ages 12 years and older reported in placebo-controlled seasonal allergic rhinitis clinical trials in the United States

Twice daily dosing with fexofenadine capsules at rates of greater than 1%

Adverse experience	*Fexofenadine 60 mg Twice Daily (n=679)*	*Placebo Twice Daily (n=671)*
Viral infection (cold, flu)	2.5%	1.5%
Nausea	1.6%	1.5%
Dysmenorrhea	1.5%	0.3%
Drowsiness	1.3%	0.9%
Dyspepsia	1.3%	0.6%
Fatigue	1.3%	0.9%

Once daily dosing with fexofenadine hydrochloride tablets at rates of greater than 2%

Adverse experience	*Fexofenadine 180 mg once daily (n=283)*	*Placebo (n=293)*
Headache	10.6%	7.5%
Upper Respiratory Tract Infection	3.2%	3.1%
Back Pain	2.8%	1.4%

The frequency and magnitude of laboratory abnormalities were similar in fexofenadine hydrochloride and placebo-treated patients.

Pediatric. Table 2 lists adverse experiences in patients aged 6 to 11 years of age which were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at a dose of 30 mg twice daily in placebo-controlled seasonal allergic rhinitis studies in the United States and Canada that were more common with fexofenadine hydrochloride than placebo.

Table 2

Adverse experiences reported in placebo-controlled seasonal allergic rhinitis studies in pediatric patients ages 6 to 11 in the United States and Canada at rates of greater than 2%

Adverse experience	*Fexofenadine 30 mg twice daily (n=209)*	*Placebo (n=229)*
Headache	7.2%	6.6%
Accidental Injury	2.9%	1.3%
Coughing	3.8%	1.3%
Fever	2.4%	0.9%
Pain	2.4%	0.4%
Otitis Media	2.4%	0.0%
Upper Respiratory Tract Infection	4.3%	1.7%

Chronic Idiopathic Urticaria

Adverse events reported by patients 12 years of age and older in placebo-controlled chronic idiopathic urticaria studies were similar to those reported in placebo-controlled seasonal allergic rhinitis studies. In placebo-controlled chronic idiopathic urticaria clinical trials, which included 726 patients 12 years of age and older receiving fexofenadine hydrochloride tablets at doses of 20 to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 3 lists adverse experiences in patients aged 12 years and older which were reported by greater than 2% of patients treated with fexofenadine hydrochloride 60 mg tablets twice daily in controlled clinical studies in the United States and Canada and that were more common with fexofenadine hydrochloride than placebo. The safety of fexofenadine hydrochloride in the treatment of chronic idiopathic urticaria in pediatric patients 6 to 11 years of age is based on the safety profile of fexofenadine hydrochloride in adults and adolescent patients at doses equal to or higher than the recommended dose (see Pediatric Use).

Table 3

Adverse experiences reported in patients 12 years and older in placebo-controlled chronic idiopathic urticaria studies in the United States and Canada at rates of greater than 2%

Adverse experience	*Fexofenadine 60 mg twice daily (n=186)*	*Placebo (n=178)*
Back Pain	2.2%	1.1%
Sinusitis	2.2%	1.1%
Dizziness	2.2%	0.6%
Drowsiness	2.2%	0.0%

OVERDOSAGE

Reports of fexofenadine hydrochloride overdose have been infrequent and contain limited information. However, dizziness, drowsiness, and dry mouth have been reported. Single doses of fexofenadine hydrochloride up to 800 mg (six normal volunteers at this dose level), and doses up to 690 mg twice daily for 1 month (three normal volunteers at this dose level) or 240 mg once daily for 1 year (234 normal volunteers at this dose level) were administered without the development of clinically significant adverse events as compared to placebo.

In the event of overdose, consider standard measures to remove any unabsorbed drug. Symptomatic and supportive treatment is recommended.

Hemodialysis did not effectively remove fexofenadine hydrochloride from blood (1.7% removed) following terfenadine administration.

No deaths occurred at oral doses of fexofenadine hydrochloride up to 5000 mg/kg in mice (110 times the maximum recommended daily oral dose in adults and 200 times the maximum recommended daily oral dose in children based on mg/m²) and up to 3000 mg/kg in rats (230 times the maximum recommended daily oral dose in adults and 400 times the maximum recommended daily oral dose in children based on mg/m²). Additionally, no clinical signs of toxicity or gross pathological findings were observed. In dogs, no evidence of toxicity was observed at oral doses up to 2000 mg/kg (300 times the maximum recommended daily oral dose in adults and 530 times the maximum recommended daily oral dose in children based on mg/m²).

Prescribing information as of February 2000

Aventis Pharmaceuticals Inc.
(formerly Hoechst Marion Roussel, Inc.)
Kansas City, MO 64137 USA

US Patents 4,254,129; 5,375,693; 5,578,610

allb0200k 20118607/4022S0

continued from page 154



When in flower, the lilac-gray blossoms of Hosta sieboldiana elegans complement the silver-gray in the stems of Athyrium niponicum pictum.

perfect pairs

Shade Gardening 101

Hostas like shade. Ferns like shade. Hey, I know! Plant them *together*. This classic one-two combo is no more complicated than that. Any hosta, any fern, add water—boom—it looks great. But there are endless varieties of hostas and almost that many ferns. Try some blue-leaved hostas with ferns that have wine-red stems. Or maybe some two-tone hostas with some exceedingly tall green ferns. There there are yellow hostas and...well, you get the idea.

test garden tip

A window onto growing four-season vegetables

ou know how you get in your car
a blustery winter day, but because
ou parked in the sun the car is all
arm and toasty inside? That is how
cold frame works. By planting
getables in such a contraption,
ou extend your growing season by
eeks or months. In some cases, you
n grow greens almost all year—
spite winter temps in negative
imbers. We made these cold
mes (*top right*) for the Test Garden,
d the concept is easy to copy or
apt. Or just plop an old window
me on top of four bales of straw.
ome spring, compost the straw.



In late summer, start cool-season vegetables, such as lettuce or spinach for fresh greens, into the new year. Then sow seed in late winter for an early spring start.

Buying information, page 161

TO ORDER PLANTS

This month Editors' Choice, the variegated obedient plant (*Physostegia virginiana Variegata*) is a late-blooming, pink-flowering snapdragon look-alike with variegated foliage. From Carroll Gardens, our collection contains three plants, each about 1 inches tall at time of shipment (after the last frost date in your zone, about May 10 to June 30, 2001). Plants are in pots, and the shipment includes growing information. One collection costs $46.95; additional collections to the same address are $40 each. Prices include shipping, handling, and sales tax. Sorry, we cannot ship to AK, AZ, CA, HI, ID, NV, OR, UT, WA, Canada, Mexico, or Puerto Rico.

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Compared to Woolite Spot and Stain Wipes, just about any method for dealing with carpet and upholstery stains seems involved. These handy wipes are all you need to quickly get stains out of fabrics in the house or even in the car. Just tear one off and go at it. What could be easier?
Woolite SPOT & STAIN WIPES
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by Craig Summers Black

Under the Arches

Trumpet vine and Virginia creeper twine up the pillars of Dabney Peeples' arbor (*right*). "Garden structures communicate your personality," he says. Clematis envelops his arbor and garden bench (*below*).



With oodles of acres, Dabney Peeples is not short on space in his Easley, South Carolina, garde But Peeples, a landscape architect, still relies on a gard standby used by space-challenged suburban gardeners t world over. They, and he, garden *up*—max flowers, m space. Growing flowering vines accomplishes two oth things, he says. 1) It requires the placement of gard structures—"the Cliff Notes of a garden. It immediat tells you what the garden is going to be." And 2), it giv you shade. "I like sun and shadows close together."



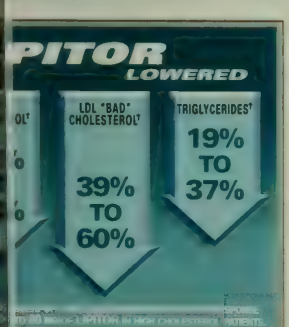
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Do you know your cholesterol numbers? Do you have a cholesterol goal? It's important to get your cholesterol checked regularly. If your numbers are high, diet and exercise are the first step. But if you still haven't reached your goal, ask your doctor or healthcare provider if LIPITOR is right for you.

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It's important to tell your doctor about any medications you are currently taking to avoid possible serious drug interactions. Your doctor may perform simple blood tests to monitor liver function before and during treatment.

If you are taking LIPITOR, tell your doctor about any unusual muscle pain or weakness, as this could be a sign of serious side effects.

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Call **1-888-LIPITOR** to receive a free brochure. You can also get more information about LIPITOR by talking to your doctor or pharmacist, or visit the LIPITOR web site at **www.lipitor.com**.

Please see important additional information on next page.

LIPITOR®
atorvastatin calcium
tablets

The Lower Numbers You're Looking For

U.S. Pharmaceuticals

2000. Pfizer Inc

LP-M0-4552

*As per *IMS National Prescription Audit*, week of 8/4/00

LIPITOR® (Atorvastatin Calcium) Tablets
Brief Summary of Prescribing Information

CONTRAINDICATIONS: Active liver disease or unexplained persistent elevations of serum transaminases. Hypersensitivity to any component of this medication. **Pregnancy and Lactation** — Atherosclerosis is a chronic process and discontinuation of lipid-lowering drugs during pregnancy should have little impact on the outcome of long-term therapy of primary hypercholesterolemia. Cholesterol and other products of cholesterol biosynthesis are essential components for fetal development (including synthesis of steroids and cell membranes). Since HMG-CoA reductase inhibitors decrease cholesterol synthesis and possibly the synthesis of other biologically active substances derived from cholesterol, they may cause fetal harm when administered to pregnant women. Therefore, HMG-CoA reductase inhibitors are contraindicated during pregnancy and in nursing mothers. ATORVASTATIN SHOULD BE ADMINISTERED TO WOMEN OF CHILDBEARING AGE ONLY WHEN SUCH PATIENTS ARE HIGHLY UNLIKELY TO CONCEIVE AND HAVE BEEN INFORMED OF THE POTENTIAL HAZARDS. If the patient becomes pregnant while taking this drug, therapy should be discontinued and the patient apprised of the potential hazard to the fetus.

WARNINGS: Liver Dysfunction — HMG-CoA reductase inhibitors, like some other lipid-lowering therapies, have been associated with biochemical abnormalities of liver function. **Persistent elevations (>3 times the upper limit of normal [ULN] occurring on 2 or more occasions) in serum transaminases occurred in 0.7% of patients who received atorvastatin in clinical trials. The incidence of these abnormalities was 0.2%, 0.2%, 0.6%, and 2.3% for 10, 20, 40, and 80 mg, respectively.** One patient in clinical trials developed jaundice. Increases in liver function tests (LFT) in other patients were not associated with jaundice or other clinical signs or symptoms. Upon dose reduction, drug interruption, or discontinuation, transaminase levels returned to or near pretreatment levels without sequelae. Eighteen of 30 patients with persistent LFT elevations continued treatment with a reduced dose of atorvastatin. **It is recommended that liver function tests be performed prior to and at 12 weeks following both the initiation of therapy and any elevation of dose, and periodically (eg, semiannually) thereafter.** Liver enzyme changes generally occur in the first 3 months of treatment with atorvastatin. Patients who develop increased transaminase levels should be monitored until the abnormalities resolve. Should an increase in ALT or AST of >3 times ULN persist, reduction of dose or withdrawal of atorvastatin is recommended. Atorvastatin should be used with caution in patients who consume substantial quantities of alcohol and/or have a history of liver disease. Active liver disease or unexplained persistent transaminase elevations are contraindications to the use of atorvastatin (see CONTRAINDICATIONS). **Skeletal Muscle — Rhabdomyolysis with acute renal failure secondary to myoglobinuria has been reported with other drugs in this class.** Uncomplicated myalgia has been reported in atorvastatin-treated patients (see ADVERSE REACTIONS). Myopathy, defined as muscle aches or muscle weakness in conjunction with increases in creatine phosphokinase (CPK) values >10 times ULN, should be considered in any patient with diffuse myalgias, muscle tenderness or weakness, and/or marked elevation of CPK. Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever. Atorvastatin therapy should be discontinued if markedly elevated CPK levels occur or myopathy is diagnosed or suspected. The risk of myopathy during treatment with other drugs in this class is increased with concurrent administration of cyclosporine, fibric acid derivatives, erythromycin, niacin, or azole antifungals. Physicians considering combined therapy with atorvastatin and fibric acid derivatives, erythromycin, immunosuppressive drugs, azole antifungals, or lipid-lowering doses of niacin should carefully weigh the potential benefits and risks and should carefully monitor patients for any signs or symptoms of muscle pain, tenderness, or weakness, particularly during the initial months of therapy and during any periods of upward dosage titration of either drug. Periodic creatine phosphokinase (CPK) determinations may be considered in such situations, but there is no assurance that such monitoring will prevent the occurrence of severe myopathy. **Atorvastatin therapy should be temporarily withheld or discontinued in any patient with an acute, serious condition suggestive of a myopathy or having a risk factor predisposing to the development of renal failure secondary to rhabdomyolysis (eg, severe acute infection, hypotension, major surgery, trauma, severe metabolic, endocrine and electrolyte disorders, and uncontrolled seizures).**

PRECAUTIONS: General — Before instituting therapy with atorvastatin, an attempt should be made to control hypercholesterolemia with appropriate diet, exercise, and weight reduction in obese patients, and to treat other underlying medical problems (see INDICATIONS AND USAGE in full prescribing information). **Information for Patients** — Patients should be advised to report promptly unexplained muscle pain, tenderness, or weakness, particularly if accompanied by malaise or fever. **Drug Interactions** — The risk of myopathy during treatment with other drugs of this class is increased with concurrent administration of cyclosporine, fibric acid derivatives, niacin (nicotinic acid), erythromycin, azole antifungals (see WARNINGS, Skeletal Muscle). ***Antacid:*** When atorvastatin and Maalox® TC suspension were coadministered, plasma concentrations of atorvastatin decreased approximately 35%. However, LDL-C reduction was not altered. ***Antipyrine:*** Because atorvastatin does not affect the pharmacokinetics of antipyrine, interactions with other drugs metabolized via the same cytochrome isozymes are not expected. ***Colestipol:*** Plasma concentrations of atorvastatin decreased approximately 25% when colestipol and atorvastatin were coadministered. However, LDL-C reduction was greater when atorvastatin and colestipol were coadministered than when either drug was given alone. ***Cimetidine:*** Atorvastatin plasma concentrations and LDL-C reduction were not altered by coadministration of cimetidine. ***Digoxin:*** When multiple doses of atorvastatin and digoxin were coadministered, steady-state plasma digoxin concentrations increased by approximately 20%. Patients taking digoxin should be monitored appropriately. ***Erythromycin:*** In healthy individuals, plasma concentrations of atorvastatin increased approximately 40% with coadministration of atorvastatin and erythromycin, a known inhibitor of cytochrome P450 3A4 (see WARNINGS, Skeletal Muscle). ***Oral Contraceptives:*** Coadministration of atorvastatin and an oral contraceptive increased AUC values for norethindrone and ethinyl estradiol by approximately 30% and 20%. These increases should be considered when selecting an oral contraceptive for a woman taking atorvastatin. ***Warfarin:*** Atorvastatin had no clinically significant effect on prothrombin time when administered to patients receiving chronic warfarin treatment. **Endocrine Function** — HMG-CoA reductase inhibitors interfere with cholesterol synthesis and theoretically might blunt adrenal and/or gonadal steroid production. Clinical studies have shown that atorvastatin does not reduce basal plasma cortisol concentration or impair adrenal reserve. The effects of HMG-CoA reductase inhibitors on male fertility have not been studied in adequate numbers of patients. The effects, if any, on the pituitary-gonadal axis in premenopausal women are unknown. Caution should be exercised if an HMG-CoA reductase inhibitor is administered concomitantly with drugs that may decrease the levels or activity of endogenous steroid hormones, such as ketoconazole, spironolactone, and cimetidine. **CNS Toxicity** — Brain hemorrhage was seen in a female dog treated for 3 months at 120 mg/kg/day. Brain hemorrhage and optic nerve vacuolation were seen in another female dog that was sacrificed in moribund condition after 11 weeks of escalating doses up to 280 mg/kg/day. The 120 mg/kg dose resulted in a systemic exposure approximately 16 times the human plasma area-under-the-curve (AUC, 0-24 hours) based on the maximum human dose of 80 mg/day. A single tonic convulsion was seen in each of 2 male dogs (one treated at 10 mg/kg/day and one at 120 mg/kg/day) in a 2-year study. No CNS lesions have been observed in mice after chronic treatment for up to 2 years at doses up to 400 mg/kg/day or in rats at doses up to 100 mg/kg/day. These doses were 6 to 11 times (mouse) and 8 to 16 times (rat) the human AUC (0-24) based on the maximum recommended human dose of 80 mg/day. CNS vascular lesions, characterized by perivascular hemorrhages, edema, and mononuclear cell infiltration of perivascular spaces, have been observed in dogs treated with other members of this class. A chemically similar drug in this class produced optic nerve degeneration (Wallerian degeneration of retinogeniculate fibers) in clinically normal dogs in a dose-dependent fashion at a dose that produced plasma drug levels about 30 times higher than the mean drug level in humans taking the highest recommended dose. **Carcinogenesis, Mutagenesis, Impairment of Fertility** — In a 2-year carcinogenicity study in rats at dose levels of 10, 30, and 100 mg/kg/day, 2 rare tumors were found in muscle in high-dose females: in one, there was a rhabdomyosarcoma and, in another, there was a fibrosarcoma. This dose represents a plasma AUC (0-24) value of approximately 16 times the mean human plasma drug exposure after an 80 mg oral dose. A 2-year carcinogenicity study in mice given 100, 200, or 400 mg/kg/day resulted in a significant increase in liver adenomas in high-dose males and liver carcinomas in high-dose females. These findings occurred at plasma AUC (0-24) values of approximately 6 times the mean human plasma drug exposure after an 80 mg oral dose. *In vitro*, atorvastatin was not mutagenic or clastogenic in the following tests with and without metabolic activation: the Ames test with *Salmonella typhimurium* and *Escherichia coli*; the HGPRT forward mutation assay in Chinese hamster lung cells; and the chromosomal aberration assay in Chinese hamster lung cells. Atorvastatin was negative in the *in vivo* mouse micronucleus test. Studies in rats performed at doses up to 175 mg/kg (15 times the human exposure) produced no changes in fertility. There was aplasia and aspermia in the epididymis of 2 of 10 rats treated with 100 mg/kg/day of atorvastatin for 3 months (16 times the human AUC at the 80 mg dose); testis weights were significantly lower at 30 and 100 mg/kg and epididymal weight was lower at 100 mg/kg. Male rats given 100 mg/kg/day for 11 weeks prior to mating had decreased sperm motility, spermatid head concentration, and increased abnormal sperm. Atorvastatin caused no adverse effects on semen parameters, or reproductive organ histopathology in dogs given doses of 10, 40, or 120 mg/kg for two years. **Pregnancy — Pregnancy Category X. See CONTRAINDICATIONS.** Safety in pregnant women has not been established. Atorvastatin crosses the rat placenta and reaches a level in fetal liver equivalent to that of maternal plasma. Atorvastatin was not teratogenic in rats at doses up to 300 mg/kg/day or in rabbits at doses up to 100 mg/kg/day. These dos resulted in multiples of about 30 times (rat) or 20 times (rabbit) the human exposure based on surface (mg/m²). In a study in rats given 20, 100, or 225 mg/kg/day, from gestation day 7 through to lactation da (weaning), there was decreased pup survival at birth, neonate, weaning, and maturity in pups of moth dosed with 225 mg/kg/day. Body weight was decreased on days 4 and 21 in pups of mothers dosed a mg/kg/day; pup body weight was decreased at birth and at days 4, 21, and 91 at 225 mg/kg/day. Pup d opment was delayed (rotorod performance at 100 mg/kg/day and acoustic startle at 225 mg/kg/day; p detachment and eye opening at 225 mg/kg/day). These doses correspond to 6 times (100 mg/kg) and 2 times (225 mg/kg) the human AUC at 80 mg/day. Rare reports of congenital anomalies have been rec following intrauterine exposure to HMG-CoA reductase inhibitors. There has been one report of severe genital bony deformity, tracheo-esophageal fistula, and anal atresia (VATER association) in a baby bo a woman who took lovastatin with dextroamphetamine sulfate during the first trimester of pregnancy. LIP should be administered to women of child-bearing potential only when such patients are highly unlike conceive and have been informed of the potential hazards. If the woman becomes pregnant while ta LIPITOR, it should be discontinued and the patient advised again as to the potential hazards to the fet **Nursing Mothers** — Nursing rat pups had plasma and liver drug levels of 50% and 40%, respectively, that in their mother's milk. Because of the potential for adverse reactions in nursing infants, women t LIPITOR should not breast-feed (see CONTRAINDICATIONS). **Pediatric Use** — Treatment experience pediatric population is limited to doses of LIPITOR up to 80 mg/day for 1 year in 8 patients with homozy FH. No clinical or biochemical abnormalities were reported in these patients. None of these patients below 9 years of age. **Geriatric Use** — Treatment experience in adults age ≥70 years with doses of LIPITOR up to 80 mg/day has been evaluated in 221 patients. The safety and efficacy of LIPITOR in this ulation were similar to those of patients <70 years of age.

ADVERSE REACTIONS: LIPITOR is generally well-tolerated. Adverse reactions have usually been mild transient. In controlled clinical studies of 2502 patients, <2% of patients were discontinued due to adv experiences attributable to atorvastatin. The most frequent adverse events thought to be related to a vastatin were constipation, flatulence, dyspepsia, and abdominal pain. **Clinical Adverse Experiences** Adverse experiences reported in ≥2% of patients in placebo-controlled clinical studies of atorvastati regardless of causality assessment, are shown in the following table.

Adverse Events in Placebo-Controlled Studies (% of Patients)

BODY SYSTEM Adverse Event	Placebo N = 270	Atorvastatin 10 mg N = 863	Atorvastatin 20 mg N = 36	Atorvastatin 40 mg N = 79	Atorvast 80 m N = 9
BODY AS A WHOLE					
Infection	10.0	10.3	2.8	10.1	7
Headache	7.0	5.4	16.7	2.5	6
Accidental Injury	3.7	4.2	0.0	1.3	3
Flu Syndrome	1.9	2.2	0.0	2.5	3
Abdominal Pain	0.7	2.8	0.0	3.8	2
Back Pain	3.0	2.8	0.0	3.8	1
Allergic Reaction	2.6	0.9	2.8	1.3	0
Asthenia	1.9	2.2	0.0	3.8	0
DIGESTIVE SYSTEM					
Constipation	1.8	2.1	0.0	2.5	1
Diarrhea	1.5	2.7	0.0	3.8	5
Dyspepsia	4.1	2.3	2.8	1.3	2
Flatulence	3.3	2.1	2.8	1.3	1
RESPIRATORY SYSTEM					
Sinusitis	2.6	2.8	0.0	2.5	
Pharyngitis	1.5	2.5	0.0	1.3	2
SKIN AND APPENDAGES					
Rash	0.7	3.9	2.8	3.8	1
MUSCULOSKELETAL SYSTEM					
Arthralgia	1.5	2.0	0.0	5.1	0
Myalgia	1.1	3.2	5.6	1.3	0

The following adverse events were reported, regardless of causality assessment in patients treated w atorvastatin in clinical trials. The events in italics occurred in ≥2% of patients and the events in plain t occurred in <2% of patients.

Body as a Whole: *Chest pain,* face edema, fever, neck rigidity, malaise, photosensitivity reaction, gene ized edema. ***Digestive System:*** *Nausea,* gastroenteritis, liver function tests abnormal, colitis, vomiting, gastritis, dry mouth, rectal hemorrhage, esophagitis, eructation, glossitis, mouth ulceration, anorexia, increased appetite, stomatitis, biliary pain, cheilitis, duodenal ulcer, dysphagia, enteritis, melena, gum hemorrhage, stomach ulcer, tenesmus, ulcerative stomatitis, hepatitis, pancreatitis, cholestatic jaundi ***Respiratory System:*** *Bronchitis, rhinitis,* pneumonia, dyspnea, asthma, epistaxis. ***Nervous System:*** *Insomnia, dizziness,* paresthesia, somnolence, amnesia, abnormal dreams, libido decreased, emotiona lability, incoordination, peripheral neuropathy, torticollis, facial paralysis, hyperkinesia, depression, hypesthesia, hypertonia. ***Musculoskeletal System:*** *Arthritis,* leg cramps, bursitis, tenosynovitis, myast nia, tendinous contracture, myositis. ***Skin and Appendages:*** Pruritus, contact dermatitis, alopecia, dry sweating, acne, urticaria, eczema, seborrhea, skin ulcer. ***Urogenital System:*** *Urinary tract infection,* uri frequency, cystitis, hematuria, impotence, dysuria, kidney calculus, nocturia, epididymitis, fibrocystic breast, vaginal hemorrhage, albuminuria, breast enlargement, metrorrhagia, nephritis, urinary inconti nence, urinary retention, urinary urgency, abnormal ejaculation, uterine hemorrhage. ***Special Senses:*** Amblyopia, tinnitus, dry eyes, refraction disorder, eye hemorrhage, deafness, glaucoma, parosmia, tas loss, taste perversion. ***Cardiovascular System:*** Palpitation, vasodilatation, syncope, migraine, postural hypotension, phlebitis, arrhythmia, angina pectoris, hypertension. ***Metabolic and Nutritional Disorders:*** *Peripheral edema,* hyperglycemia, creatine phosphokinase increased, gout, weight gain, hypoglycemi ***Hemic and Lymphatic System:*** Ecchymosis, anemia, lymphadenopathy, thrombocytopenia, petechia. ***Postintroduction Reports*** — Adverse events associated with LIPITOR therapy reported since marketi introduction, that are not listed above, regardless of causality assessment, include the following: anap laxis, angioneurotic edema, bullous rashes (including erythema multiforme, Stevens-Johnson syndrom and toxic epidermal necrolysis), and rhabdomyolysis.

OVERDOSAGE: There is no specific treatment for atorvastatin overdosage. In the event of an overdos the patient should be treated symptomatically, and supportive measures instituted as required. Due to extensive drug binding to plasma proteins, hemodialysis is not expected to significantly enhance atorvastatin clearance.

Consult package insert before prescribing LIPITOR® (Atorvastatin Calcium) Tablets.
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better by design

Pools and patios go together like a horse and carriage—and how well these outdoor features relate to one another depends on how successful a marriage they'll make. Let's look at how homeowners from coast to coast have tied the knot in their backyards.

by James A. Hufnagel

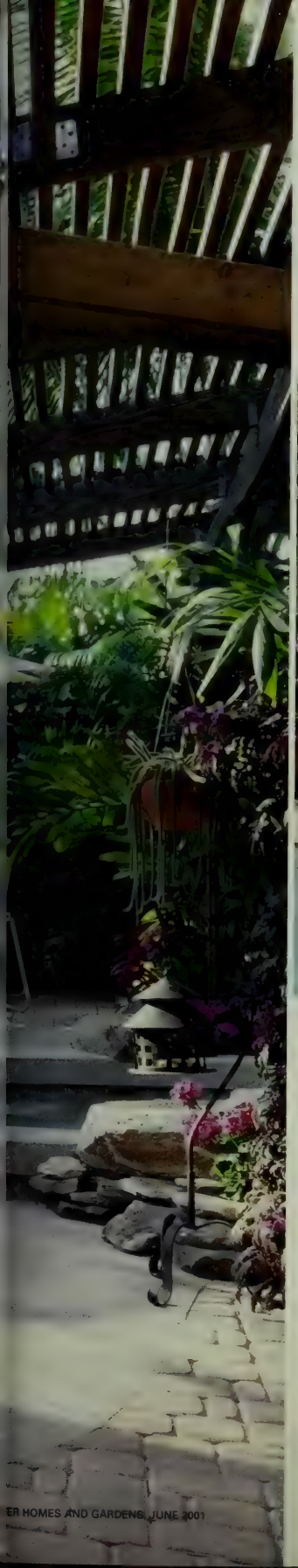






continued from page Z1





Nicole designed and Jon built a trellis that filters sunlight without blocking it out entirely. This view (*left*) looks across the pool and hot tub to a hammock and umbrella-shaded dining spot.



A Tropical Getaway

Formerly, Nicole Heslop and Jon Westagard liked to spend a month a year traveling in the tropics. Then they bought a landscaping business, Everything Under the Sun, and discovered that the demands of running a thriving enterprise put an end to extended vacations. Instead, they developed a paradise of lush greenery in the once-barren backyard of their Holmes Beach, Florida, home.

Now, tropical foliage surrounds a pool, a hot tub, and patios that include cooking, dining, and lounging areas.

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Under the home's eaves (*above*), Nicole and Jon (shown here with Nicole's mother, Florence Heslop) built a bar/kitchen made of 2×2s that repeat the lines of the trellis overhead. Curves in the bar make room for tub chairs.

PHOTOGRAPHS: ROBERT MAUER. LANDSCAPE ARCHITECTS: NICOLE HESLOP AND JON WESTAGARD, EVERYTHING UNDER THE SUN GARDEN CENTRE. REGIONAL CONTRIBUTOR: SALLY MAUER

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"Our last trip was to Hawaii, and we decided to bring Hawaii home," Nicole says. "Every time we sit back here, we feel like we're away on vacation, away from business and the hectic pace. This is really our outdoor house. When it rains, we keep looking out the window waiting to get back out here."

Cash flow, and the fact that Jon was doing most of the work himself, prompted Nicole and Jon to spread out their Hawaiian re-creation over several years. Phase I included the pool, patios, trellis, and some of the landscaping.

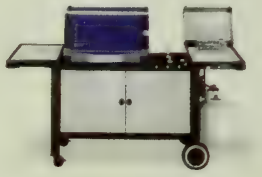
Behind the hot tub (*above*) stand potted plants and an outdoor fireplace. A planter near the fireplace conceals valves for the spa, waterfall, and pool jets.

continued on page Z8


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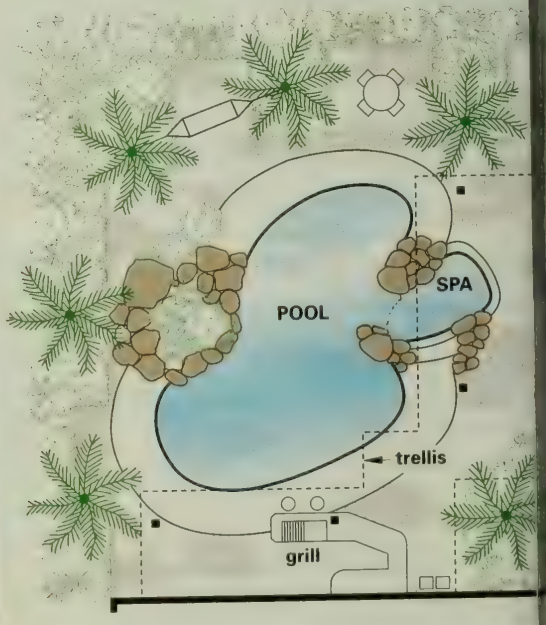
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One of Nicole and Jon's favorite spots is this hammock-built-for-two (*right*), hand-woven in Mexico from 100 percent cotton. It should last four or five years, Nicole says, "and replacing it will give us an excuse to go to Mexico!"



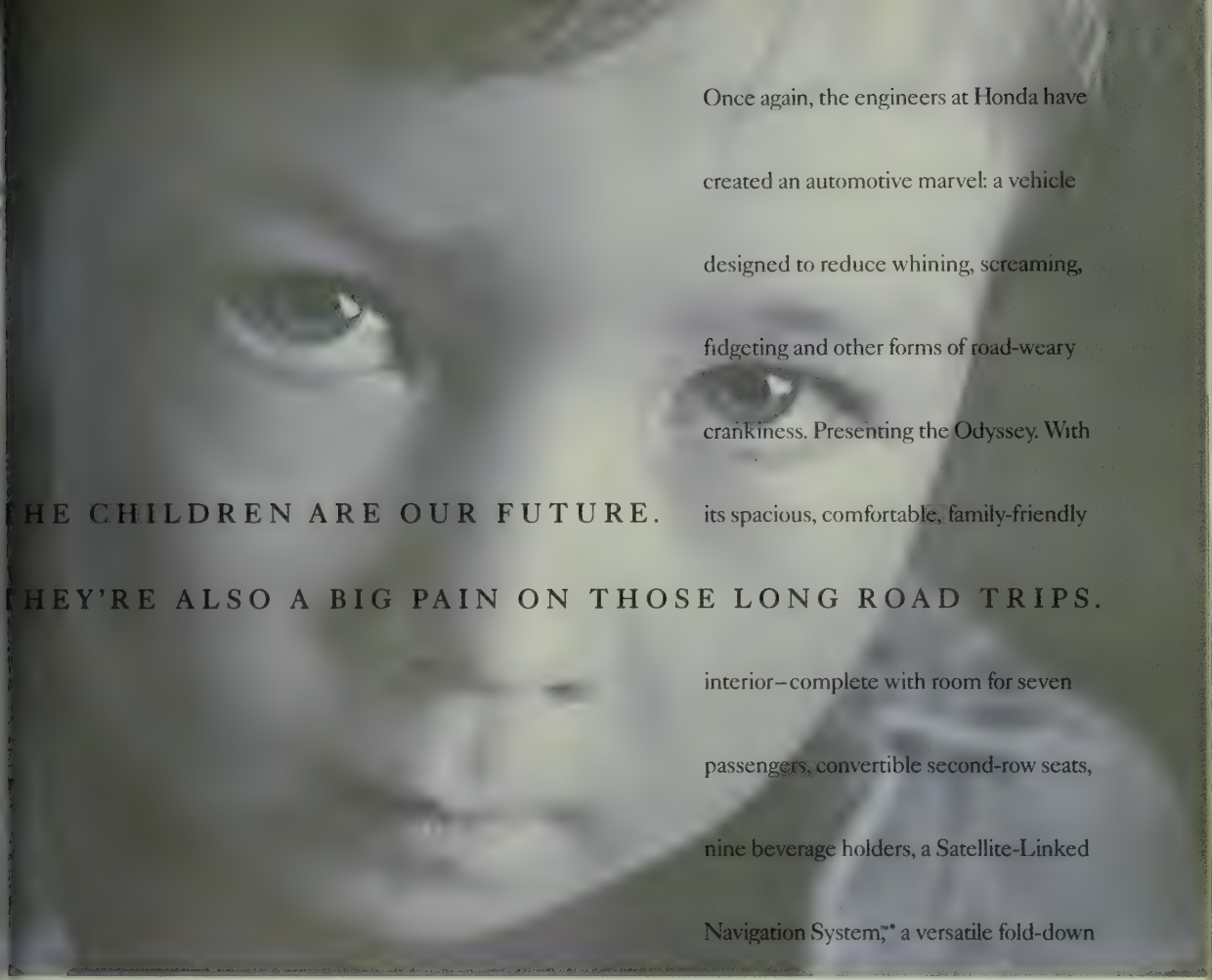


Jon built the kitchen's propane-fired grill into the bar (*above*). At night, lighting illuminates the grill, pool, palm trees, and perimeter plants.

Phase II required ripping out a planter—a messy job, according to Nicole—and replacing it with a 5×8-foot hot tub that sends water cascading into the pool.

To create the soothing sound of a natural waterfall, water in the hot tub spills over a ledge of natural rock and slate. Jon and Nicole's next step: a drip system that includes sensors that signal when plants need watering.

continued on page Z10



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continued from page Z8



Cobblestonelike pavers (*right*) echo the subtle hues of natural coral while providing a solid base for clusters of potted plants. A hand-carved Polynesian tiki head wears a fern hat.





Besides serving as an at-home getaway, Nicole a
Jon's backyard garden showcases an extensive array
hot-climate plants the owners show to their clients. T
garden's micro-climate nurtures bamboo, scheffle
viburnum, bromeliads, nine different kinds of palm tre
and dozens of other colorful tropical plants. All are set
pots so Nicole can move them around to suit the seaso
A four-zone irrigation system, controlled by built-
moisture sensors, waters everything at various times of d

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Perched on rocks and boulders (*top left*), potted plants provide a poolside display that Nicole rotates every six weeks or so. "Rotating," says Nicole, "is the secret of a constantly beautiful garden."

The patio is edged with loose-laid pavers (*bottom left*) that can be shifted to suit new planting arrangements. These New Guinea impatiens will be moved to a shadier spot when their blooms fade.

As I See It, #42 in a series
John Mattos, Illustrator
Scott Seifert, Photographer
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The patio's fireplace (*left*) is flanked by a raised planter that extends the width of the yard and serves as part of a retaining wall at the rear of the property.

Originally, the fireplace chimney (*above*) didn't draw well, so the Hannas topped it with a decorative copper flue extension that matches the home's gutters.



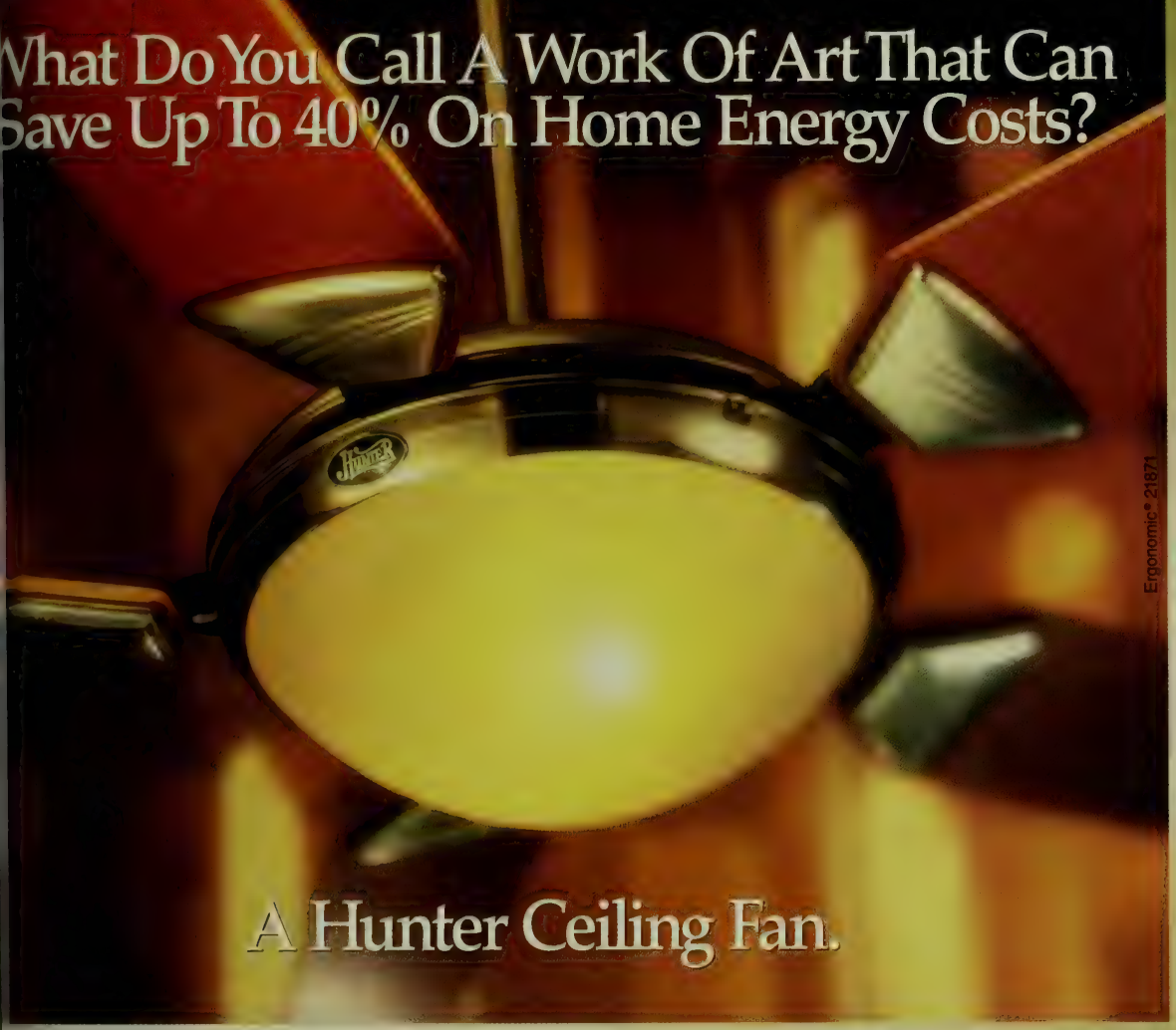
would prefer to play out front most of the time, where all the action is. So she decided to make the backyard an adult hangout that is also child friendly.

The new scheme includes facilities for dining, relaxing, and grilling, clustered around a stucco fireplace with a raised bluestone hearth that takes the chill off evenings cooled by fog and ocean breezes year-round. "We use the fireplace all the time," Tammy reports. "The kids love to roast marshmallows and make s'mores in it."

An outdoor cook center (*above*) consists of a grill/rotisserie and a tile-topped wraparound counter for prep work or buffet serving.

continued on page Z18
Buying information, page Z16

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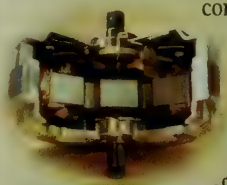
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buying guide

Some of the products shown editorially in the Better by Design section of *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.



A Tropical Getaway

Pages Z2–Z3: dining table and chairs, bar table, leather barstools, "Rain or Shine Resin"—Home Depot U.S.A., Inc.; 800/553-3199; www.homedepot.com. **Pool and spa**—American Beauty, P.O. Box 1039, Anna Maria Island, FL 34216; 941/778-6587.

Page Z4: decorative garden artifacts—Everything Under the Sun, 5704 Marina Dr., Holmes Beach, FL 34217; 941/778-4441.

Page Z8: cooktop—Home Depot U.S.A., Inc.; 800/553-3199; www.homedepot.com.

Page Z10: decorative garden artifacts—Everything Under the Sun (address above).



A Patio for All Ages

Page Z12: teak furniture—Barlow Tyrie, Inc., 1263 Glen Ave., Ste. 230, Moorestown, 08057; 609/273-7878. **Wic furniture**—Brown Jordan, 9 Gidley St., El Monte, CA 917 626/443-8971, option 221.

Page Z14: grill—Dynamic Co ing Systems, Inc., 10850 Po Dr., Los Alamitos, CA 907 800/433-8466. **Casserole d fruit bowl, dish towel, serv platter**—Crate and Barrel; store locations call 800/249-4



They Shrank the Pool

Page Z18: tile around hot (Deep Blue)—Daltile, 7834 C Hawn Frwy., Dallas TX 752 800/933-8453.

Page Z22: table, chairs, umbre and chaise—Gardenside, L 999 Andersen Dr., Ste. 140, Rafael, CA 94901; 415/455-45 **Brick patio flooring**—Summit Tiles, Inc., P.O. Box 73, Sum ville, OH 43962; 330/223-15 www.summitville.com.

Page Z24: grill and cookto Dynamic Cooking Syste (address above). **Counterto** L.M. Scofield Co., 6533 Ban Blvd., Los Angeles, CA 900 323/720-3000.

Panoramic Plunge

Pages Z26–Z27: patio furnitu Treasures Furniture, 7310 M mar Rd., San Diego, CA 921 858/586-1900. **Pitcher, glass and napkin**—Pier 1 Impo

The Jewelry Store at JCPenney



BULOVA



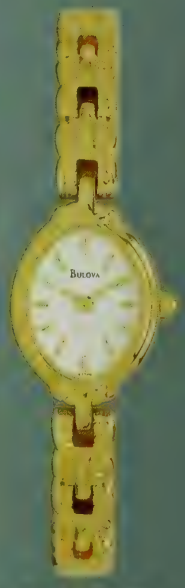
Sale $168.75
Reg. $225.00
051-4833



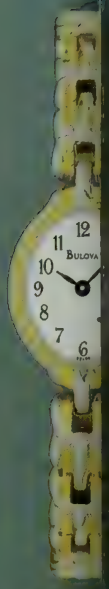
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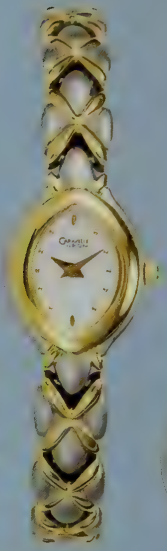




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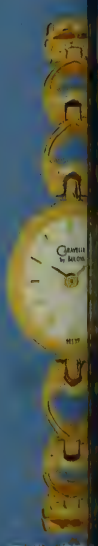
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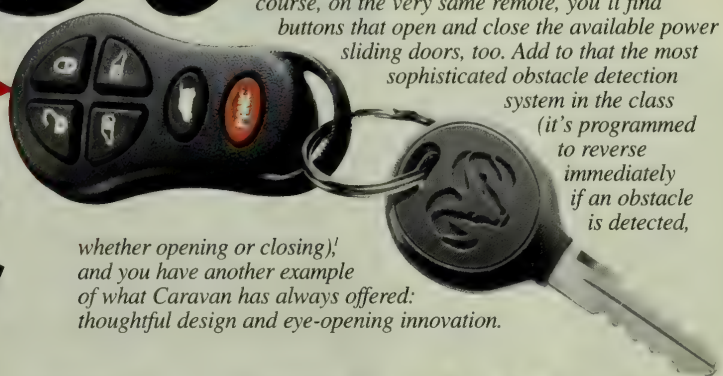
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The Best Minivan Ever.[2]

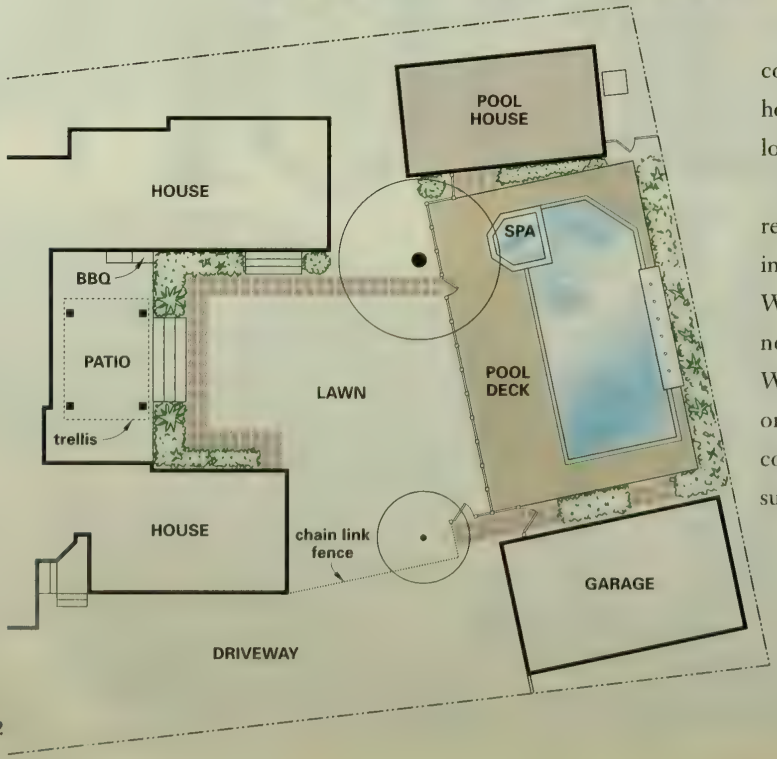
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[1]Detects most obstacles. As with all electronically controlled systems, care is advised.
[2]Based on AMCI overall weighted evaluations of 2001 Grand Caravan vs. similarly-equipped 2000 MY competitors. Call 800-4-A-DODGE for details. Properly secure all cargo. Always use seat belts. Remember, a backseat is the safest place for children 12 and under.

continued from page Z18



New French doors open the kitchen to the dining patio. Brick for the patio and the pool deck match that of the existing entry path at the front of the house.



The new dining terrace replac
concrete courtyard. Raised to
home's interior floor level, the ter
looks out over the lawn to the p

An ailing sycamore tree
removed during construction, exp
ing the backyard to the unrelent
Western sun, so Hefner topped
new patio with a redwood tre
Wisteria and purple trumpet vi
on top flourish and provide
cover for dining outdoors dur
summer's hottest months.

continued on page



The more you watch, the more you see.



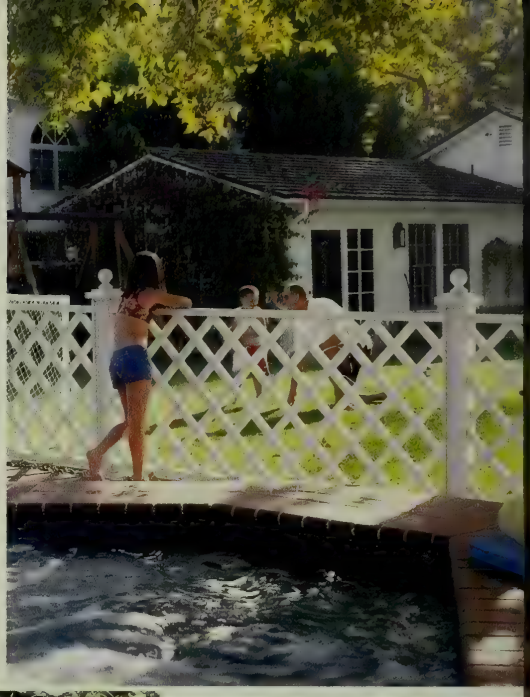
mes inspiration comes from the most unexpected places. Like television.

HGTV
HOME & GARDEN TELEVISION
imagine what you can do™

continued from page Z22

The Kalantaris also prepare meals out on their dining patio, at a cooktop and grill set into an under-the-eaves buffet counter. The buffet and trellis stretch the full width of the patio and give it a roomlike quality. When the French doors are thrown open, the patio works and feels like an extension of the house. The trellis's support columns were custom-crafted by builder Franz Williams. Shutters at the windows help transform the California ranch into a Cape Cod-style house.

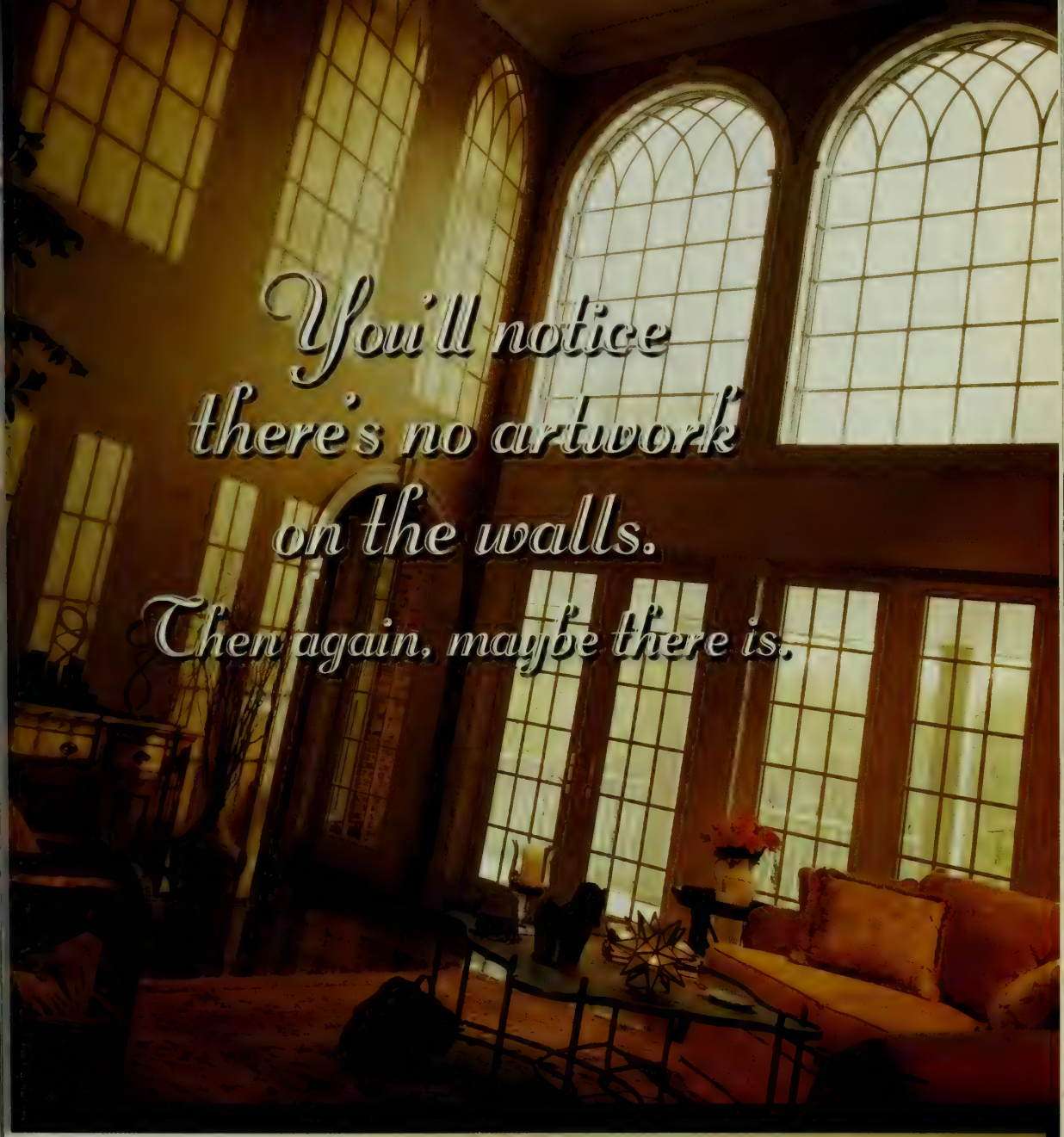
continued on page Z26
Buying information, page Z16





Who says pool fencing must be made of chain link? Here a lattice fence (*above*) is secure and allows adults to keep an eye on young swimmers, and it provides an appealing way to separate the outdoor living areas.

Stained concrete forms a weather-worthy countertop for the buffet (*left*). The buffet replaces a 1950's-style barbecue pit in the old patio.



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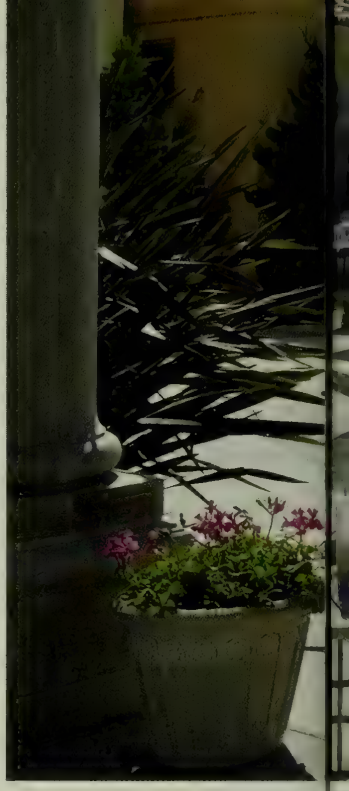
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continued from page Z24



Panoramic Plunge

Maria and David Castillejos bought their hilltop home near Del Mar, California, partly for its 360-degree view of the Pacific Ocean and adjacent canyonlands. To leave the views unobstructed, they planned a low-scale backyard entertainment complex that encompasses a pool, a spa, a waterfall, an outdoor shower, and generous patio areas. Because the yard is long and narrow, the pool was positioned close to the property line, leaving plenty of space for dining and relaxing close to the house.

continued on page Z28

LIFE WAS **GRAND** ON MY COCONUT ISLAND,
BUT THIS IS **DOUBLE** THE DELIGHT.

NOW **COOL** CREAM SOARS TO PEAKS OF PERFECTION.

BURIED BY A **FRESH**, JUICY AVALANCHE,
I AM UNDISCOVERED TREASURE.





Eaves accented with columns (in the foreground) create a bit of shade along the back face of the house. This view looks west across the pool toward the Pacific Ocean.

GRAPHS: JOAN VANDERSCHUIT. CONTRACTOR/DESIGNER: PACIFIC AQUATECH. LANDSCAPE ARCHITECT: LANDSCAPE RESOURCE GROUP. REGIONAL CONTRIBUTOR: ANDREA CAUGHEY



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continued from page Z27





The waterfall (*above*) splash over rough-textured gran tiles. Spa jets the waterfall c be switched o as needed, at key pad locate in the family room.

A break in the spa's tinted concrete copi (*left*) serves as spillway into t pool. The Castillejos' children—age and 8—love to spend time ou here.

The positioning of the spa and waterfall are key elements here. "They're located in a straight line looking through the front door and the living-room picture window beyond," Maria explains. "These water features become focal points the moment you enter the house."

Regarding the size of the pool, which is roughly 34 feet long, Maria says, "We wanted it to be big enough to serve as an exercise, soaking, or lap pool, but not so large that it left little room for entertaining." ⌂

Buying information, page Z16

uying Information

ntinued from page 60

ure Co., 2550 NW. Nicolai St., Portland, OR 97210; 888/343-8548. **Porch surface**—Trex Co., ; Cameron St., Winchester, VA 22601; 800/289-8739; www.trex.com. **Candles on table**—tco Wholesale; 800/774-2678.

e 78: wicker furniture, floral cushions, throw pillows, coffee table—Pier 1 Imports; /447-4371; www.pier1.com. **Area rug** (5'x8'), "Antique Treasures" (Lisbon Sapphire)—me Depot U.S.A., Inc.; 800/553-3199; www.homedepot.com. **Afghan, wheat chenille**—Pottery Barn; 800/922-5507. **Pedestal cookie plate**—Williams-Sonoma; 800/541-3; www.williams-sonoma.com. **Lantern**—Trader Joe's, 15400 NE. 20th St., Bellevue, WA 07; 425/643-6885. **Coffee cups, cream pitcher, blueberry dish, French coffee press, e pots**—personal collection. **Wall paint,** latex low sheen (KM-569-M); **trim paint,** latex igloss (KM565-L)—Kelly-Moore Paint Co., Inc., 987 Commercial St., San Carlos, CA 70; 888/567-2468.

es 81–83: weather vane, "Mickey with Spyglass"—Disney catalog; 800/328-0368; Web site: w.disneystore.com. **Weather vane votive holder**—T.J. Maxx; for store locations call 800/926-9. **Basket by steps, large basket, gray pillows with fringe**—personal collection. **Glider and ir**—Plow & Hearth, 301 Madison Rd., P.O. Box 830, Orange, VA 22960; 703/672-1712. **White n place mat and cake stand**—Marshall's; 800/627-7425. **Bronze stand under candle holder, green vase**—Michaels Store, Inc., 5931 Campus Circle Dr., Irving, TX 75063; 800/642-4235. **nboo plate holders**—Pier 1 Imports; 800/447-4371; www.pier1.com. **Small picnic table**—ery Barn; 800/922-5507. **Green bubble glasses and plates**—JoAnne Fabrics & Crafts, Fabric tars of America, Inc., 5555 Darrow Rd., Hudson, OH 44236; 330/656-2600; www.joann.com.

e 84: patio furniture set, accessories—personal belongings.

e 86: dragonfly light—Michaels Store, Inc. (address above). **Lion spout, concrete shell**—neth Lynch's catalog; 203/762-8363. **Table and chairs**—Ethan Allen Interiors, 1111 E. Hwy. Maplewood, MN 55109; 612/483-2624. **Light in pergola**—Builder's Lighting, Inc., 17571 65th Ave., Lake Oswego, OR 97035; 503/639-8816. **Goblets and plates,** "Garden Botanica"—tmeirion, P.O. Box 5, Naugatuck, CT 06770; 888/778-1471. **Hanging lantern on stick**—ery Barn; 800/922-5507. **White leaf plate**—T.J. Maxx; for store locations call 800/926-6299. **ite place mats and napkins,** "Casual Home" by TerriSol Corp.; **large green glass vase, rbet set** (Ivory)—Marshall's; for store locations call 800/627-7425.

e 88: wicker furniture and watering cans—antiques. **Stone urns**—English Gardenstone, Box 3098, La Jolla, CA 92038; 619/272-7707. **Birdhouses**—Lazy Hill Farm Designs, Lazy Rd., Colerain, NC 27924; 800/396-3566. **Fabric for linens, throw pillows**—Pierre Deux, 870 ison Ave., New York, NY 10021; 212/570-9343.

es 90–92: wicker furniture, coffee table, dining table, rocker—Seasonal Concepts, 975 Nathan e, Plymouth, MN 55441; 800/899-2686. **Wrought iron deck furniture**—personal belonging.

ces & Gates

es 96–98: wood stain, "Cedartone oil stain" (#6 Natural)—Behr Process Corp., 3400 W. erstrom Ave., Santa Ana, CA 92704; 800/854-0133.

Houses

e 106 (*top*): exterior paint (Sashay Red)—Behr Process Corp., 3400 W. Segerstrom Ave., ta Ana, CA 92704; 800/854-0133. **(*Bottom*): table, stools**—International Concepts, avail- through HomePlace; for a store near you call 877/466-3752. **Rag rug**—Wigglestix, LLC, N. Main St., Stillwater, MN 55082; 651/439-1098. **Bookshelf**—Target Stores; for store tions call 800/800-8800. **Doll bed and small chest**—personal collection.

e 108 (*top*): windows—Milgard Windows, 1010-54th Ave., E, Tacoma, WA 98424; /645-4273. **(*Bottom*): sofa, chair, dry sink**—HearthSong, 1950 Waldorf, NW, Grand ids, MI 49550-7100.

e 110 (*top*): house and trim paint (custom mix)—Kelly-Moore Paint Co., Inc., 987 Com- cial St., San Carlos, CA 94070; 888/567-2468. **Spray paint on Dutch door** (Hunt Club en)—Rust-Oleum Corp., 11 Hawthorn Pkwy., Vernon Hills, IL 60061; 800/323-3584. **Bell**—idance Catalog Co., 3865 W. 2400, S, Salt Lake City, UT 84120; 800/422-2770. **Door hinges, dware, mailbox**—Lowe's Companies, Inc.; 800/445-6937. **Tricycle,** "Radio Flyer"—Zany ny, 7215-170th Ave., NE, Redmond, WA 98052; 425/881-7334.

e 112: exterior paint on siding and trim (Clay); **Dutch door and shutters** (Classic Bur- dy)—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com.

e 114: paint for door (custom), #6636-5—Porter Paint, 400 S. 13th St., Louisville, KY 40203; 588-9200. **Lawn furniture**—Pier 1 Imports; 800/447-4371; www.pier1.com. **Shingles,** "Pres- e #2"—Elk Corp., 14643 Dallas Pkwy., Ste. 1000, Dallas, TX 75240; 972/851-0400.

rden Sheds

e 118: door, sign, table, garden tote, window trim—made by homeowners. **Garden tools, ket**—personal belonging. **Window**—architectural salvage.

e 120: roofing—Elk Corp., 14643 Dallas Pkwy., Ste. 1000, Dallas, TX 75240. **Paint,** oodscapes Solid Stain" (Siding, Cupola Yellow; Trim, Gazebo White; Doors, Village en)—The Sherwin-Williams Co.; 800/474-3794. **Brick**—architectural salvage. **Windows,** —no source.

e 122: window—Marvin Windows & Doors; 888/537-8268. **Stone veneer,** "Wisconsin ther Edge"—Cultured Stone Corp., P.O. Box 270, Napa, CA 94559-02709; 800/255-1727. —no source.

rdener's Almanac

es 150–156: variegated obedient plant—Wayside Gardens, 1 Garden Lane, Hodges, SC 95; 800/845-1124; free catalog. White Flower Farm, P.O. Box 50, Litchfield, CT 06759; /503-9624; free catalog. **Hostas and ferns**—Plant Delights Nursery, 9241 Sauls Rd., igh, NC 27603; 919/772-4794; catalog $3.20. Shady Oaks Nursery, P.O. Box 708, Waseca, 56093-0708; 800/504-8006; free catalog. **Cold frames**—Walpole Woodworkers, 767 East P.O. Box 151, Walpole, MA 02081; 800/343-6948. Kinsman Co., P.O. Box 428, Pipersville, 18947; 800/733-4146; free catalog.

me Outside and Play

e 175: birdhouses—Tender Heart Treasures; for more information call 800/443-1367.

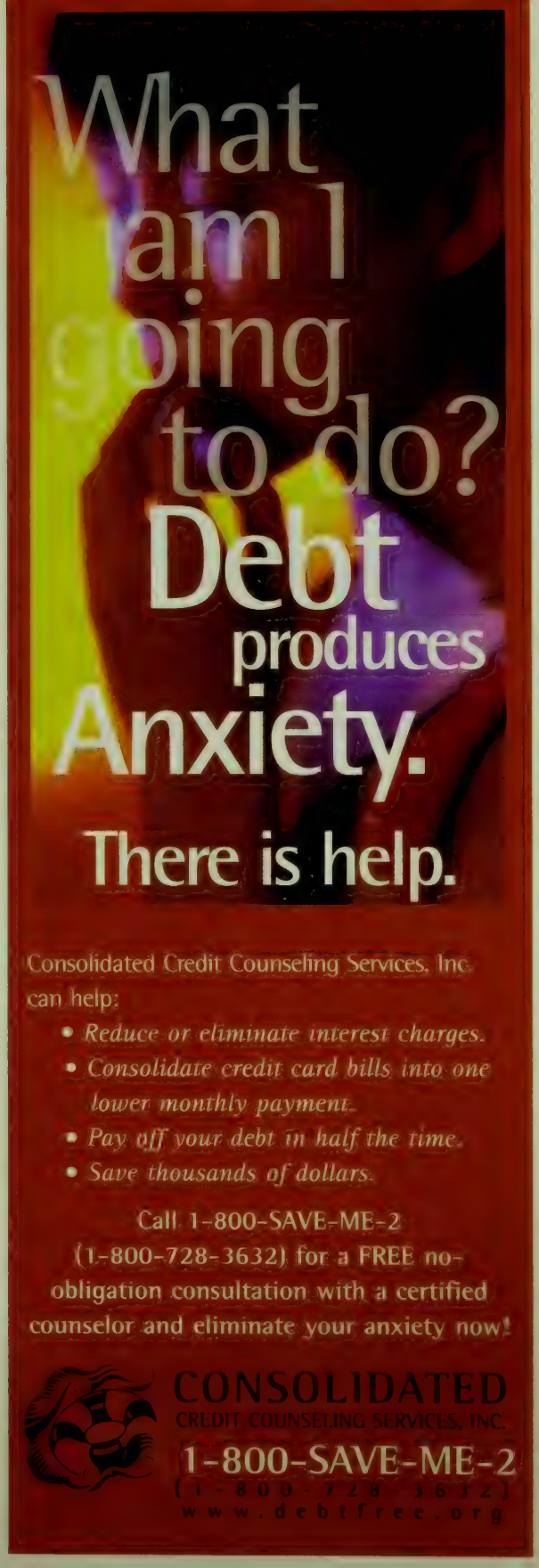
es 176–177: table, chairs, antique—Gates of Charleston, 73 Broad St., Charleston, SC 01; 843/958-0040. **Table topper,** antique cloth; **coffee table; green wicker chair**—Shades ne Past; 864/585-1172; www.antiquesroadmapusa.com/sotp.html. **Pillows on chairs and ee**—April Cornell, 244 King St., Charleston, SC 29402; 802/879-5100; Web site: w.aprilcornell.com. **Birdhouse on coffee table**—Tender Heart Treasures; for more rmation call 800/443-1367.

es 178–179: decorative painting on sap bucket, cans, flowerpots—Kimberly Collection; /891-1178. **Glass conservatory**—Spotted Pony Antiques, 1911 Main, Vancouver, WA 98660-4; 360/737-8230.

es 180–181: painting on sap bucket—Kimberly Collection; 360/891-1178. **Glass conser- ory**—Spotted Pony Antiques (address above).

e 182: rocking chairs, table—Morris Sokol, 510 King St., Charleston, SC 29403; 843/722-4. **Pillows**—April Cornell, 244 King St., Charleston, SC 29402; 802/879-5100; w.aprilcornell.com.

continued on page 243




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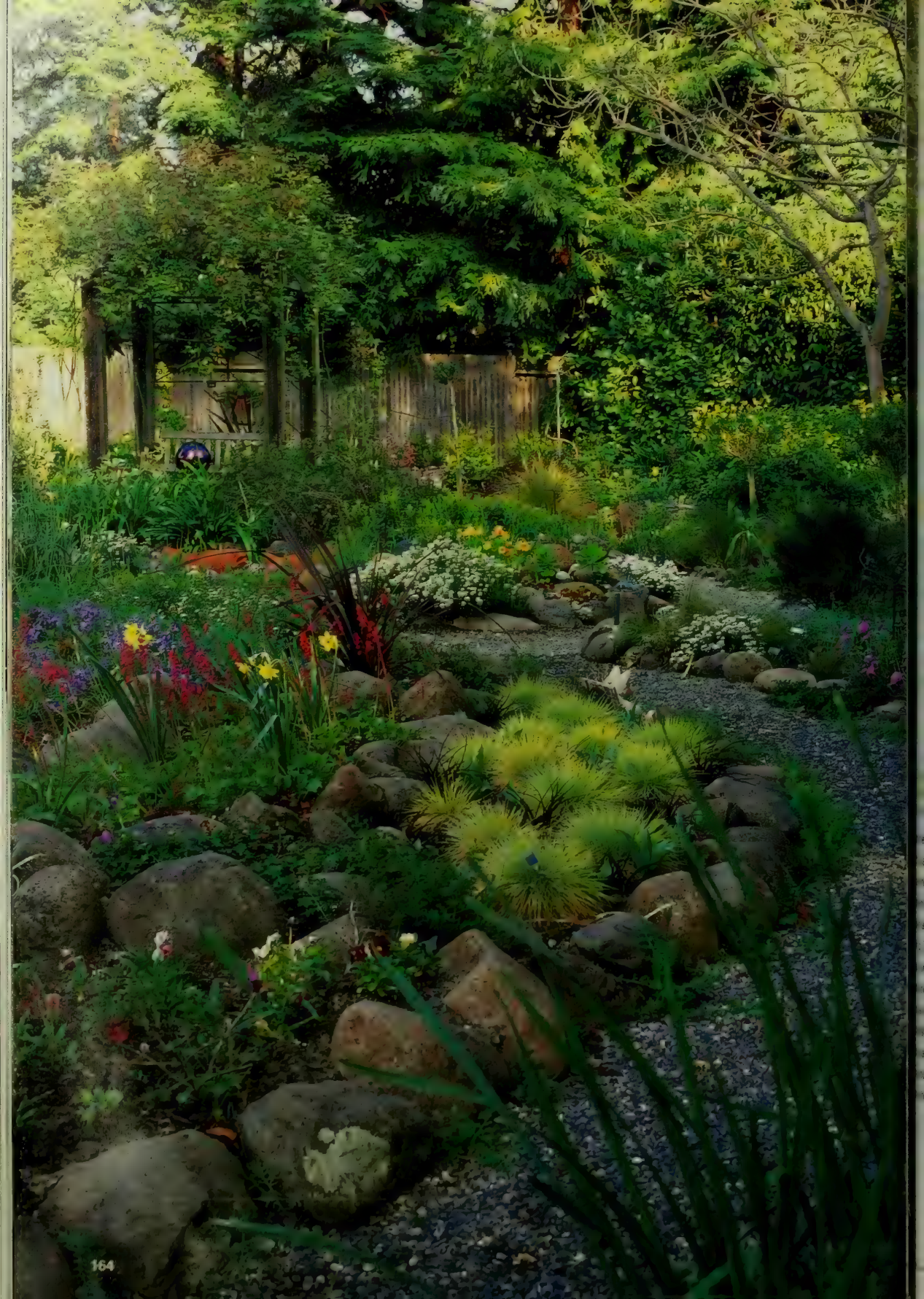
come sit a spell

For most gardeners, their favorite chair is not the recliner in front of the TV. It's that garden bench out back. After a hard day at the office ("Honey, I'm *ho*ome") or a long morning pulling out creeping Charlie ("*More* weeds?!"), that bench is the favored spot to relax, read a book, sample some wine, or (hoo-*wee!*) tickle the kids.



Suzanne Legallet's grandsons, Spencer and Mack, plop down and partake of a peach in her Atherton, California, garden.

by
Craig Summers Black



Seating areas are important in home gardens for two reasons: 1) They provide a destination, a place to go *to* when you and your guests are in the garden. 2) Sometimes you just want to put your feet up and take a load off. But the simple act of placing a chair in the yard isn't quite enough. You want to feel at ease when you sit back, not on display. So you don't put a chair out in the middle of the lawn. You kind of back it up against something—a fence, an arbor, tall shrubs—to get a sense of enclosure and privacy.

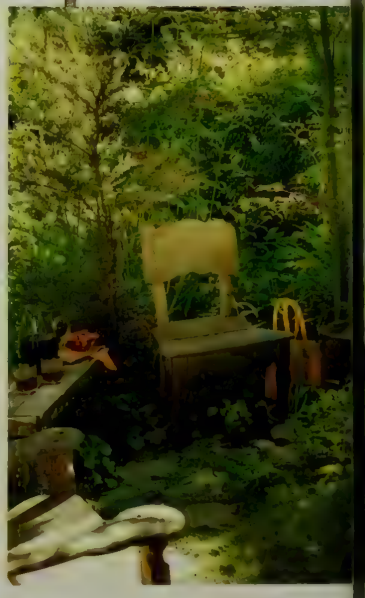


ZANNE'S
IURTING SWING
ft and *right*)

tone-lined gravel
h leads through
zanne's rock
den to a
od-and-rope
ing. The wooden
ucture is clad in
nbing roses and
nual vines. Pansies
d fescue on the left
d scabiosa and
ndytuft on the right
nk the walkway.


1. The Courting Swing
2. The Rose Trellis
3. The Wisteria Arbor
4. The Children's Bench
5. The Redwood Room
6. The Game Room
7. The Circular Bed
8. The Secret Garden





ome sit a spell

Suzanne Legallet has divided her large backyard into several seating areas, all of which are accessible by different kinds of paths and walkways. Some of the benches are for entertaining, and some chairs are for quiet time. "I wanted friends to come upon these little garden refuges as a surprise," she says. "I wanted destination points in my garden, and I wanted them to invite you in—to sit down."

Suzanne says creating a seating area is a snap. "Actually, it's so much easier to conceive and develop a little spot as a refuge than it is to design the overall garden. It's affordable. You can do it yourself. And if it doesn't feel right, you can play around with it." Plan more than one of these garden rooms and pretty soon you've laid out the whole garden.



THE CHILDREN'S BENCH (*above*)

Granddaughter Quinn and her brothers especially like this chair because they can see it from the house and head straight for it.



THE GAME ROOM (*near left*)

Darts is the sport of choice here, says Suzanne, although on a hot day this often makes a cool picnic site.

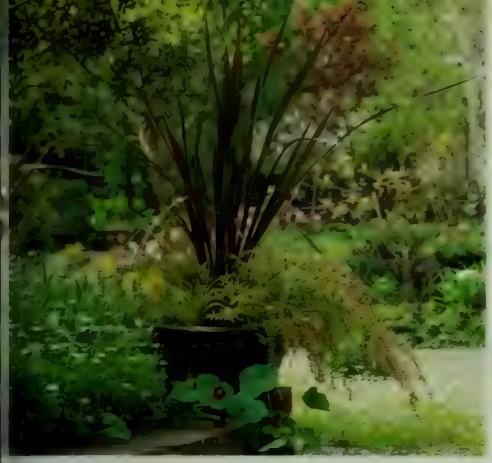
THE ROSE TRELLIS (*far left*)

A Don Juan rose shelters a teak settee in this secluded seating area.

THE SECRET GARDEN (*center*)

This private little garden room is hidden behind yet another seating area.





Suzanne also suggests that each of your seating areas have an obvious boundary—an outline—something or some plants that help define the space.

"A refuge has to have an edge, whether it's a fence, a hedge, or an elevation," she says. "The boundaries of my Secret Garden, for example, are the berm on one side and the fence on the other. But both sides have been softened with the shrubbery, so you don't even think about the enclosure itself. The Redwood Room and the Game Room were simply created by having the redwoods already there providing the shade."



E WISTERIA
BOR (*left*)

zanne enjoys a
ok and a tall, cool
nk in the shade of
arbor topped by
steria, Lady
nksia roses, and
ndevilla. She also
s to play bridge
t here.

E CIRCULAR BED
ght and *above*)

ts of New Zealand
x break up the
ating surface of a
sed bed. If too
ny people try to
ther, Suzanne says,
y all face away
m each other.

Because most of Suzanne's seating areas are in moisture-retentive shade, she uses pea gravel, crushed stone, mulch, and even pottery shards to provide dry footing. "Your surface designates your space as well," she says. So consider the material. "It has to be walkable, usable, and easy to maintain."

Suzanne's seating areas have an additional advantage: They can be viewed from her kitchen windows. So whether she is inside or outside—washing dishes or lolling in the California sun—she can enjoy a garden view. And whether she is indoors or out, she is, of course, sittin' pretty.

THE REDWOOD ROOM

This is Suzanne's dedicated readin area, although there is a place, she says, "for re wines in the Redwood Room.

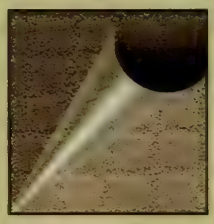




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time-ou
porch

by Jeanne Destin



Steps painted battleship gray and flanked with container plants (*left*) welcome visitors and help to define the porch area. Lush hanging plants provide shade, while a ceiling fan overhead blows a cool breeze. Linda's birdhouses (*below*) add rustic cottage charm to her white-washed porch railing.



Inspired by the soft pastel hues of hydrangeas and roses, Linda sets her outdoor table with English chintz china (*opposite*) from the 1930s. "I've collected it for years," says Linda. "It's the perfect complement to my flowers."

Southern Comfort

"A good back porch is essential to life," says South Carolina gardener Linda Cobb, who longed for a shady outdoor retreat where she could just put her feet up and smell the roses—literally. So over a year's time, her husband, Bill, turned their plain old deck into a cool garden sanctuary that, today, the couple can't resist. "The porch and the garden work together," says Linda, whose decorating style starts with fresh-cut flowers, cascading ferns, and an abundance of potted plants.



cozy seating area on the porch (*right*) pulls together the matched wicker that Linda paints herself, inspired by the lors from her garden. A pressed-tin panel decorates the wall.



rrounded by lush gardens, Linda and Bill Cobb's shady reat exemplifies no-fuss cottage charm with its layers of ckly soft cushions, old quilts and linens, and an array of tel flowers and cool green plants. "There's nothing better n Sunday morning sitting on the porch," says Linda.

ER HOMES AND GARDENS, JUNE 200



To infuse comfort and flea-market charm into her relaxed garden style, Linda bought various old wicker pieces and covered them with floral-patterned cushions and ruffle-trimmed pillows. Creating the look of vintage fabric is easy: Linda simply leaves her pillows outside to fade. "I like the natural aging process," she says.

For a layering of pattern and texture, Linda dresses her table for dinner parties with old linens, quilts, and a collection of chintz china. Inspired by a popular motif for women's dresses in the 1930s, the playful floral patterns and serene pastel colors seem to celebrate Linda's passion for flowers. "One of the main reasons I garden," she says, "is to have flowers on my desk, in my office, in my home every single day."

Old-World Charm

Vancouver artist Kimberly Poloson painted her own vision when she transformed an ordinary back porch into a dreamy landscape of creamy whites, leafy greens, and her own garden art. "I traded with a gentleman who wanted a mural painted on his wall," Kimberly says. In exchange, he built a portico over her cement patio.

Kimberly covered the cement—instead of installing brick—with a mossy green latex paint, and gave her outdoor room an old-world feel with French bistro chairs, a dilapidated sofa draped with a matelassé bedspread and pillows, and a wooden wheelbarrow filled with flowers.



PHOTOGRAPHS: PHILIP CLAYTON-THOMPSON. REGIONAL CONTRIBUTOR: DONNA PIZZI

Wisteria vines frame the porch (*right*), which Kimberly likens to Italy's outdoor cafés. She used acrylic paints to decorate a watering can (*above*).


FLOWERS
LILAC





For texture, Kimberly combines wonderfully worn antiques (*left*)—such as a shapely French iron gate, some old shutters, and a glass conservatory—with giant white hydrangeas, variegated greenery, and her own garden art made from thrift store cast-offs. "It's my way of recycling," she says.

Kimberly likes to juxtapose the things she loves, such as an old sap bucket (*opposite*) placed on a stack of well-worn books. "It's important to surround yourself with things that make your heart sing," says Kimberly (*below*) with her dachshund, Rosie.



To personalize her space, Kimberly uses acrylics to paint designs with a aint aged appearance onto weathered garden objects, including watering cans, y pots, and sap buckets. She also transforms thrift-store art by repainting it, me and all, with her own designs. "It's important to surround yourself with ngs you love and use," she says.

For textural interest, Kimberly creates vignettes with stacks of books, old china, l fresh flowers. "For me," she says, "inspiration is in your own backyard."



PHOTOGRAPH: KIM CORNELISON; REGIONAL CONTRIBUTOR: LYNN MCBRIDE

Laid-Back Outdoor Living

It's easy to create your own outdoor living space if you infuse it with personality and foolproof style elements. Think ease and comfort when selecting seating pieces. Old rockers and worn wicker are perfect for casual use, especially when softened with pillows and cushions. Fresh-cut flowers and potted plants keep you up close and personal with nature, while providing color and scent. And for a bit of outdoor romance, nothing is better than the glow of candlelight.

Buying information, page 161

Easy Style Tips

Casual Comfort

Outdoor spaces are places to kick back and unwind. Choose furniture according such as rockers with curve in all the right places. Pillo throws, and vintage fabric add instant softness, as do old linens and quilts. For ea entertaining, stow utensils and other essentials in wick hampers or baskets that c easily be pulled indoors.

A Pleasing Palette

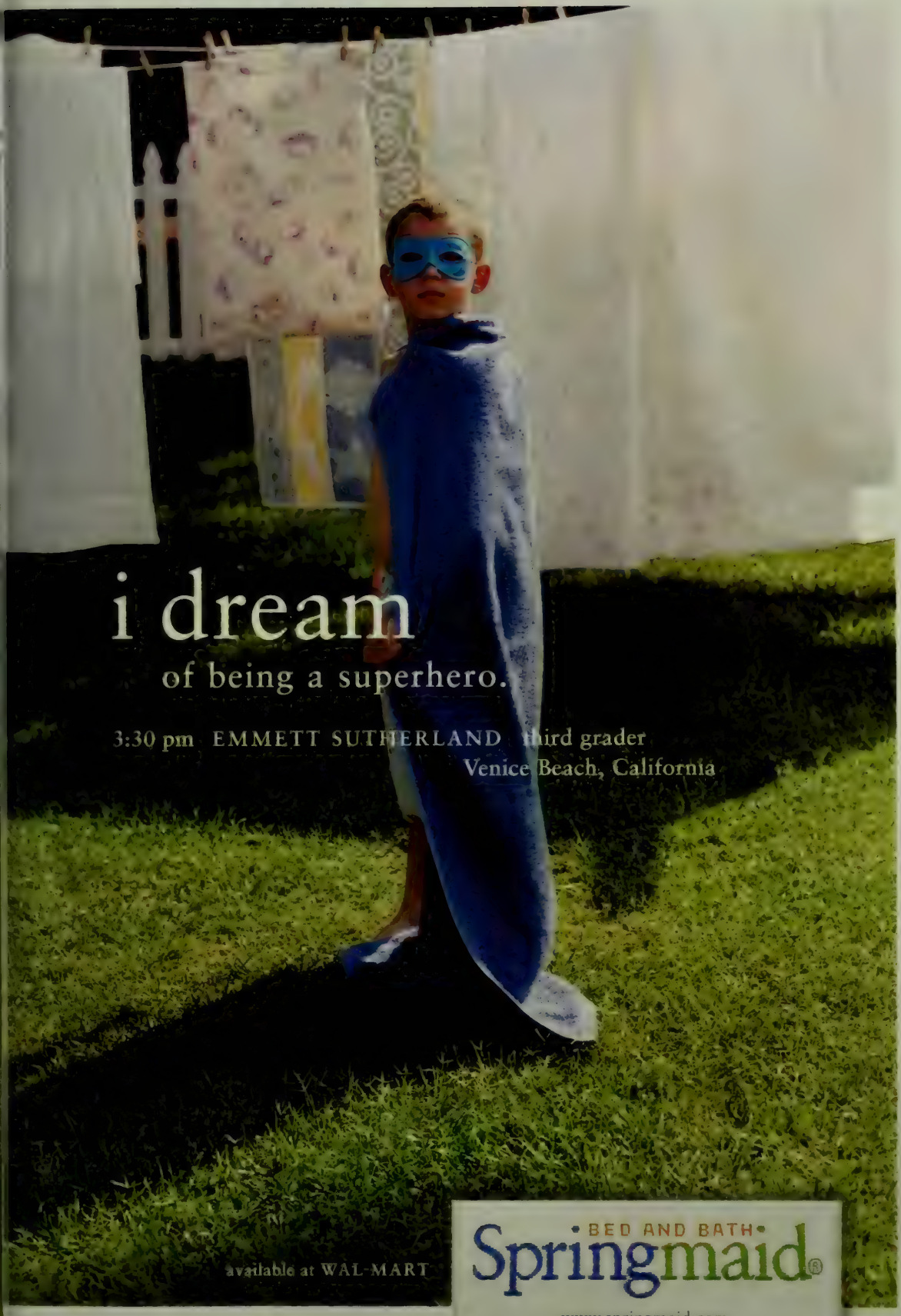
Whether you're into subtle neutrals or flowery pinks, establish a color palette for your outdoor space with paint, fabrics, flowers, and accessories. Make it a complementary extension of your interior scheme, bu don't ignore your exterior palette. One final thought: Folklore has it that sky blue porch ceilings deter wasps.

The Soft Touch

Tea candles, lamps, or a stri of lights bring homey warm to your outdoor room. Sisal grass rugs underfoot have cozy living-room appeal.

Practical Paints

Perk up old wicker furniture with a durable oil-based spr paint that will reach all the crevices. For covered-porch floors, a high-gloss acrylic latex makes clean-up a breez


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escape hatch

Sometimes, best-laid plans go awry—for the best. In rural South Carolina, Pat and Henry McCauley's backyard outbuilding never made it as a toolshed. But as a come-hither cottage, it refreshes daily with sips of sweet serenity.

by
Candace Ord Manroe





Laced with blooming cross vine, foxgloves, and hollyhocks, the cottage belies its less colorful origins. It started a few years ago as a trade-show display of roof trusses built by the McCauley family's construction firm. After the show, Henry and son David dismantled the building and stored it in the barn with plans to rebuild it as a backyard toolshed. But Pat had other ideas. "It looked too big to be a toolshed,

Pat McCauley, a passionate gardener, and husband Henry, a retired builder, (*below*) teamed up to create the cottage—he labored, she designed. It is sited on a slope behind their home.





especially with that little loft upstairs," she says. "It looked more like a house." Step-by-step, that's what it became.

Now it's a guest house, a "camp" for the grandkids, and a gathering place for the garden club. Pat paints here, too, finding inspiration just outside her door. But this multi-functioning dream escape began with a baby step. Still intending it as a toolshed, Pat wanted a bathroom, so a basement was dug. French doors wide enough for a lawn mower replaced the basement's industrial double doors, though a mower never made it in. Wood floors warmed up cold concrete. "Then I started thinking: A little screened porch would be nice out front," Pat says.

To get an aged look (*right*), the porch's wicker rockers were left outdoors to weather. Then Pat covered them lightly with white paint that allows the original finish to peek through. A croquet set is ever-ready for a quick game by the grandchildren. Pat inherited her love of gardening from her mother. The bouquet (*above*) is from Pat's garden, and the blue-and-white china is part of Pat's extensive collection.







Pat got her porch—beautifully, breezily, so. Victorian-style screen doors and homey wicker rockers provided the comfortable old-fashioned ambience she wanted. "But don't even think of adding another flowerbed around that porch," warned Henry. However, Pat's passion for gardening prevailed. ("I've never appreciated being told 'You can't,'" she says.) And Henry's objections waned fast. Soon, he was busy with his own outdoor beautification, laying a walkway of stones he had gathered from their home in the mountains.

The cottage's celebration of an indoor-outdoor lifestyle demanded an uninterrupted flow of country colors and style. The blue hue on the porch floor is repeated on the interior paneling.











Pat pulled the palette from a favorite fabric that covers a comfy oversized chair. Blue-painted paneling and white beadboard ceilings (*top*) also reflect Pat's love of blue-and-white china. Gauzy curtains bathe the living room in light (*right*). Openness between the living room and sleeping loft increases the airiness. Not long after adding the porch, Pat deemed a kitchenette necessary for guests' comfort. Open shelves for her china add personality (*center*). Pat's watercolors are casually plopped along a high, wraparound shelf (*bottom*).





Pat and Henry are far too practical to keep the cottage empty when there are no overnight guests to accommodate. For a change of pace, they often eat and entertain on its porch and deck. But that's not all: Pat puts the sleeping loft to dual duty as her paint studio. When she wants a comfortable spot to relax or read, the daybed serves as a sofa. "Most of all, this is my quiet place," she says. "I can come here and feel that I'm away from everything and have time just for myself." Every escape hatch should be so enticing. The toolshed will just have to wait.

Buying information, page 243





Pulled close to a big, sunny window, Pat's drawing table (*top*) occupies a corner of the sleeping loft so the work space is unobtrusive when guests stay. A sofa by day, the daybed (*right, above*) pulls out into a trundle-for-two at night. The blue-and-white quilt is a catalog buy warmed up with a heap of mixed-print pillows at its back and Pat's painting above.



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hot summer cool taste

by Jim Fobel and Nancy Wall Hopkins

Start with summer food favorites. Rev 'em up with a few jazzy ingredients, some sassy spices, and a tropical attitude. Add a flip on the grill or a quick chill. What do you get? Thirteen flavor-packed dishes to wow the troops. Neat, huh?

Passion Fruit Frozen Pops Recipe begins on page 206

easy

You bet. These dishes are a cinch: special enoug
While you grill the pork tenderloin, grab a beer and a handfu
Offer them with laid-back go-alongs-


Pork Tenderloin with Mango, Mint, and Basil


Flatbread Wedges and Ginger Dip


Clove-Laced Watermelon Cooler


Go Anywhere Garlic Green Beans

ests; quick enough for weeknights.

bread crackers. Or, load up a showy platter of colossal chicken sandwiches.

y beverage and a sizzling veggie. Recipes begin on page 206



led Chicken Sandwiches


fast
With just a little chopping and stirring, it's off to the grill you go. Ten minutes, tops, is all it takes to cook this shrimp and pineapple meal starter.
continued on page 202
BBQ Shrimp on Pineapple Planks
Recipe begins on page 212



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continued from page 204

fresh

Grill fanatics will love the steak; potluck grazers will devour the potato salad and carrots. Make a big jug of the lemonade—it's really yummy.

Recipes begin on page 212









continued on page 204

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wn sugar and hickory-smoked country bacon so the sauce is
ker and the flavor is richer. Enjoy the delicious country
dness in every spoonful.



I'LL TASTE OUR SECRET FAMILY RECIPE IN EVERY BEAN.

continued from page 202



Creamy Three-Spice Ice Cream

Triple Dipster Strawberries

fun

Super-casual, super-cool desserts rule when the temperature soars. Consider strawberries dipped in chocolaty coffee beans, nuts, and brown sugar. Or, eye-poppingly spicy ice cream.

Recipes begin on page 216

"30 Minutes to Homemade" Strawberry Jam

1 qt. ripe strawberries, mashed
4 cups sugar (do not reduce sugar)
3/4 cup water
1 box SURE·JELL® Fruit Pectin
Plastic storage containers

MEASURE 2 cups mashed strawberries into large bowl. Stir in sugar. Let stand 10 minutes, stirring occasionally.

BRING water and pectin to boil in small saucepan on high heat, stirring constantly. Continue boiling and stirring for 1 minute. Stir into fruit mixture in bowl. Stir 3 minutes or until sugar is completely dissolved.

FILL containers quickly to within 1/2 inch of tops; cover with lids. Let stand at room temperature 24 hours. Jam is ready to use. Refrigerate up to 3 weeks or freeze up to 1 year; thaw in refrigerator. Makes about 6 cups.

CERTO Method: Omit water and boiling step. Mix 1 pouch CERTO Fruit Pectin and 2 Tbsp. lemon juice in small bowl. Stir into fruit mixture in bowl. Continue as directed above. Makes about 4 cups.



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hot summer, cool taste

continued from page 204

Passion Fruit Frozen Pops

Cool, wet, and refreshing, these tropical ice pops were inspired by popular Latino cocktails.

Prep: 10 minutes **Freeze:** 3 hours

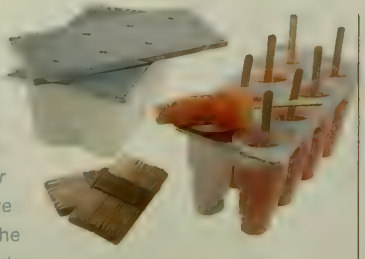
- 3 Tbsp. sugar
- 3 Tbsp. water
- 1 cup guava nectar or pineapple juice
- ½ cup passion fruit juice blend
- 2 Tbsp. lime juice
- 1 Tbsp. rum (optional)
- ½ tsp. vanilla

1. In a bowl combine sugar and water; stir until sugar is dissolved. Stir in guava nectar or pineapple juice, passion fruit juice blend, lime juice, rum (if using), and vanilla.

2. Pour into eight 3- to 4-ounce ice-pop molds. Or, pour into 3-ounce plastic cups. Cover the cups with foil. With a sharp knife make a slit in the foil of each. Add sticks or plastic spoons for "handles." Freeze for 3 to 4 hours or until firm. Makes 8 ice pops.

Nutrition facts per frozen pop: 46 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 2 mg sodium, 12 g carbo., 0 g fiber, and 0 g pro. Daily Values: 2% vit. A, 18% vit. C, 0% calcium, and 0% iron.

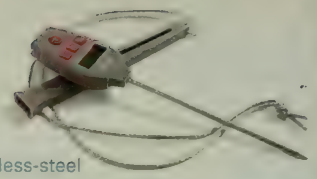
FROZEN POP GEAR



Make our Passion Fruit Frozen Pops (recipe, *above*) or other frozen treats with this collection of easy-to-use **Frozen Pop Gear**. Each set contains a freezer pop maker (*near right*), a castle pop maker (*far right*) and 150 sticks. Molds feature aluminum lids to help prevent spills in the freezer. From Progressive International, the cost of the package is $42.95, which includes shipping, handling, and sales tax.

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Pork Tenderloin with Mango, Mint, and Basil

Tropical tamarind has the most wonderful sweet and sour flavor, which is enhanced here with honey and ginger to become both marinade and sauce for charcoal-grilled pork tenderloin. Tamarind paste (which usually contains large whole seeds) is inexpensive and readily available in Asian and Latin food stores.

Prep: 30 minutes **Grill:** 20 minutes
Marinate: 1 to 3 hours

- ⅓ cup tamarind pulp (about 2 oz.)
- 1 cup boiling water
- 2 Tbsp. honey
- 1 Tbsp. minced or grated fresh ginger
- ¼ tsp. salt
- 2 12-oz. whole pork tenderloins
- 2 firm ripe mangoes, seeded, peeled, and cut into 1- to 1½-inch slices or cubes
- ¼ cup finely shredded fresh bas
- ¼ cup finely shredded fresh min
- Coarsely cracked black pepper

1. For marinade, break th tamarind pulp into small pieces. In medium bowl combine boilin water, tamarind pulp, and hone stirring and mashing until coo Strain through a medium sieve, for ing pulp through and scrapin bottom of sieve (see photo, *page 208*). Discard seeds. Stir in ginger an salt. Remove and reserve ½ cup o marinade; cover and chill. Pou remaining tamarind marinade int a large self-sealing plastic bag se in a bowl.

2. Prick tenderloins all over, abou 30 times, with a knife tip. Place por in the bag; seal and marinate in th refrigerator for 1 to 3 hours.

3. Prepare charcoal grill o preheat a gas grill. Drain mea discarding marinade. Place pork o grill rack directly over medium coal Grill for 20 to 30 minutes or unt meat thermometer inserted in cente registers 160° F, turning frequentl to brown evenly. Remove pork fro heat to a cutting board; cover wit foil and let rest 10 to 15 minute before slicing.

4. Cut tenderloin across grain int

continued on page 20


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continued from page 206

½-inch-thick slices. Arrange pork on platter with mango. Drizzle the reserved tamarind sauce over meat. Sprinkle with basil, mint, and cracked black pepper. Serves 6.

Nutrition facts per serving: 216 cal., 3 g total fat (1 g sat. fat), 73 mg chol., 147 mg sodium, 22 g carbo., 2 g fiber, and 24 g pro. Daily Values: 55% vit. A, 38% vit. C, 3% calcium, and 13% iron.

Flatbread Wedges and Ginger Dip

Tandoori naan (type of flatbread) is now available in packages like pita bread. You'll find this traditional Indian bread in large supermarkets and Indian markets.

Prep: 10 minutes **Bake:** 18 minutes

- 1 recipe Ginger Dip
- Nonstick cooking spray
- 4 loaves tandoori naan or other flatbread (8-inch rounds or 10x5-inch ovals)
- 2 Tbsp. margarine or butter, melted
- 1 egg yolk
- 2 tsp. water
- ¼ cup shelled unsalted sunflower seed
- 1 Tbsp. white or black sesame seed
- 1 Tbsp. poppy seed
- 1 tsp. ground coriander
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- ⅛ to ¼ tsp. ground red pepper



Sprinkling seeds is best done slowly—it's easier to get the entire surface covered.

1. Prepare Ginger Dip; cover and chill. Preheat oven to 350° F. Lightly coat two cookie sheets with nonstick cooking spray.

2. Cut each flatbread round into eight wedges, or cut ovals into 1½-inch-wide strips. Arrange on prepared cookie sheets; brush bread wedges with the melted margarine or butter.

3. In a small bowl stir together egg yolk and water; set aside. In another small bowl combine sunflower seed, sesame seed, poppy seed, ground coriander, salt, black pepper, and ground red pepper.

4. Brush bread wedges with egg yolk mixture; sprinkle seed mixture (see photo, *left*). Using your fingers, gently press seed mixture into bread.

5. Bake for 18 to 20 minutes or until crisp and golden brown. Cool. Serve with Ginger Dip. Makes 16 servings.



Using a plastic spatula is the easiest way to press the pulp of the tamarind through th sieve. You can also use the back of a large spoon.

Ginger Dip: In a medium bowl sti together one 8-ounce carton plai low-fat yogurt; ½ cup dairy sou cream; 2 tablespoons grated fres ginger; 2 teaspoons coriander seed slightly crushed; and ¼ teaspoo salt. Mix until well combined. Cove and chill until serving time. Add 1½ cups coarsely chopped red radishes t the dip just before serving. Make 2¼ cups.

Nutrition facts per serving: 73 cal 5 g total fat (2 g sat. fat), 21 mg chol 158 mg sodium, 5 g carbo., 1 g fiber, 2 g pro. Daily Values: 3% vit A, 5% vit. C, 6% calcium, 15% iron

Clove-Laced Watermelon Cooler

This is like putting a whole water melon in a glass! Clove-accented brown sugar syrup boosts the flavo of summer watermelon in a mos delightful way.

Prep: 20 minutes **Stand:** 1 hour **Chill:** at least 2 hours

- 5 cups cubed watermelon (about one 5-lb. piece)
- ⅔ cup water

continued on page 210



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continued from page 208

- ¼ cup packed light brown sugar
- 1 tsp. whole cloves (about 20 to 25 cloves)
- ¼ cup lemon juice
- 1¼ cups chilled club soda

1. Place watermelon cubes in food processor bowl or blender container; cover and process or blend until smooth. Press mixture through a fine-mesh sieve. Discard seeds and pulp. (You should have 2 cups juice.) Cover and chill until ready to use.

2. In a small saucepan combine water, brown sugar, and cloves. Bring just to boiling; remove from heat. Cover and let stand about 1 hour. Strain syrup, discarding cloves. Cover and chill until ready to use.

3. To serve, combine watermelon juice, lemon juice, and brown sugar syrup. Gently stir into chilled club soda. Serve in glasses over ice cubes. Makes 6 servings.

Nutrition facts per serving: 78 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 17 mg sodium, 19 g carbo., 1 g fiber, and 1 g pro. Daily Values: 9% vit. A, 28% vit. C, 2% calcium, 2% iron.



Create coconut strips by drawing the blade of the peeler toward yourself. Start with th largest piece you can find.

Go Anywhere Garlic Green Beans

Finally, something wonderful to cook with a fresh coconut! We toast curvy slices of coconut and combine them with garlic and green beans.

Prep: 35 minutes **Bake:** 10 minutes **Cook:** 9 minutes

- 1 fresh coconut or ½ cup unsweetened coconut chips
- 1 Tbsp. olive oil
- 2 cloves garlic, sliced
- 1 lb. green beans, trimmed
- ⅓ cup water
- 1 Tbsp. soy sauce

1. If using fresh coconut, choose a coconut full of liquid and heavy for its size. Preheat oven to 375° F. Using a hammer and nail, punch three holes through the "eyes" of the coconut and invert coconut over a glass to drain (this is the coconut water or juice and it should smell fresh, not fermented).

2. Place coconut in a shallow baking pan. Bake about 10 minutes, then wrap in a towel or foil and pound it to crack the shell and separate flesh from shell. With a vegetable peeler, remove any remaining brown portion. Peel the coconut into 2- to 3-inch-long strips (see photo, *above*). Measure enough for ½ cup. (Tightly wrap the remaining coconut meat and store it in the refrigerator for up to 5 days.)

3. In a large skillet or wok with a lid heat 1½ teaspoons of the olive oil over medium-high heat. Cook and stir the coconut for 2 to 3 minutes or until slightly brown. Add the garlic. Cook for 30 seconds more. Remove mixture from skillet; set aside.

4. Add remaining olive oil to th same skillet or wok. Add gree beans. Cook and stir for 1 minut Carefully add water. Bring to boilin reduce heat. Cover and simmer for to 7 minutes.

5. Stir in the soy sauce and th reserved coconut and garlic mixtur Cook and stir until heated through Makes 6 servings.

Nutrition facts per serving: 76 cal 5 g total fat (3 g sat. fat), 0 mg chol 156 mg sodium, 7 g carbo., 2 g fibe and 2 g pro. Daily Values: 7% vit. A 1% vit. C, 3% calcium, and 6% iron

Pulled Chicken Sandwiches

Pull the meat from a store-bough rotisserie chicken, and make a dressing How simple. Bread-and-butter pickle and a spicy-sweet sauce make this bi sandwich a real hero.

Prep: 25 minutes **Cook:** 7 minutes

continued on page 21



Mustard's yellow? Who knew?



Introducing Grey Poupon Yellow.
The thicker yellow mustard.*

Yo, pardon me

hot summer, cool taste

continued from page 210

- 1 1¾- to 2-lb. purchased roasted chicken
- 1 Tbsp. olive oil
- 1 medium onion, cut into ¼-inch-thick slices
- ⅓ cup cider vinegar or white wine vinegar
- ½ cup tomato sauce
- 3 to 4 Tbsp. seeded and finely chopped fresh red and/or green hot chile peppers
- 2 Tbsp. snipped fresh thyme
- 2 Tbsp. molasses
- 2 Tbsp. water
- ½ tsp. salt
- 4 Portuguese kaiser rolls or hamburger buns, split
- Bread-and-butter pickle slices



Try to shred the chicken following the natural pattern of the muscle fibers.

1. Pull the meat from the chicken, discarding skin, if desired, and bones. Use two forks or your fingers to pull meat into shreds (see photo, *above*). If desired, use a sharp knife to chop some of the seasoned skin and add it to the chicken.

2. In a large skillet heat olive oil over medium heat. Add onion; cook about 5 minutes or until tender, stirring occasionally to separate into rings. Add vinegar. Cook 1 minute more.

3. Stir in tomato sauce, hot peppers, thyme, molasses, water, and salt. Bring to boiling. Add the chicken, tossing gently to coat. Heat through. Serve on split rolls with pickle slices. Makes 6 sandwiches.

Nutrition facts per sandwich: 445 cal., 12 g total fat (3 g sat. fat), 84 mg chol., 990 mg sodium, 51 g carbo., 2 g fiber, and 33 g pro. Daily Values: 6% vit. A, 13% vit. C, 9% calcium, and 17% iron.

BBQ Shrimp on Pineapple Planks

For this Gulf of Mexico rendition of shrimp, you grill slabs of juicy pineapple, then top with a simple relish and skewered chipotle-glazed shrimp.

Prep: 40 minutes
Marinate: 30 minutes **Grill:** 6 minutes

- 8 jumbo or 24 large fresh or frozen shrimp (about 1 lb.)
- 1 medium fresh pineapple, crown removed and peeled
- 3 Tbsp. margarine or butter, melted
- ¼ cup bottled barbecue sauce
- 1 to 2 Tbsp. chopped canned chipotle peppers in adobo sauce
- 2 cloves garlic, minced
- ½ cup chopped, seeded cucumber
- ½ cup chopped, peeled jicama
- 1 Tbsp. lime or lemon juice
- ¼ tsp. salt
- ¼ cup snipped fresh cilantro

1. Soak eight 6- to 8-inch wooden skewers in enough water to cover for 30 minutes; drain. Thaw shrimp, if frozen.

2. Cut pineapple lengthwise into ½-inch-thick slices. Chop one of the slices to measure ½ cup; set aside for relish. Halve each pineapple slice crosswise (you should have eight planks of pineapple). Using one tablespoon of the melted butter, brush both sides of each pineapple plank; set aside.

3. Peel fresh shrimp, if using, leaving tail intact, if desired. Devein shrimp. In medium mixing bowl combine barbecue sauce, chipotle peppers, remaining 2 tablespoons melted margarine or butter, and th garlic. Stir in shrimp. Cover and l stand at room temperature for 3 minutes, stirring occasionally. Re move shrimp, discarding marinad Thread one jumbo or three larg shrimp onto each skewer; set aside

4. For relish, in a bowl combin the reserved ½ cup chopped pine apple, the chopped cucumber, jicam lime juice, and salt. Cover and s aside until serving time.

5. Prepare charcoal grill or pre heat a gas grill. Grill shrimp kabob and pineapple planks on the rack o an uncovered grill directly ove medium coals until shrimp ar opaque and pineapple is heate through, turning once halfwa through grilling time. (Allow 10 t 12 minutes for jumbo shrimp, 6 to 1 minutes for large shrimp, and 6 to minutes for pineapple planks.) I desired, brush each shrimp kabo with additional bottled barbecu sauce during the last 1 minute o grilling. (For gas grill, place kabob and pineapple on grill rack over heat Cover and grill as above.)

6. To serve, stir snipped cilantr into the relish mixture. Place pine apple planks onto a serving platte Spoon some of the relish over th pineapple planks; top each with shrimp skewer. Makes 8 servings.

Nutrition facts per serving: 13 cal., 6 g total fat (3 g sat. fat), 98 m chol., 288 mg sodium, 8 g carbo. 1 g fiber, and 12 g pro. Daily Values 10% vit. A, 19% vit. C, 4% calcium and 9% iron.

Mustard and Curry Potato Salad

We borrowed two treasured Indian flavors—mustard and curry powder—to season this fragrant potato salad.

Prep: 30 minutes **Cook:** 13 minutes

- 2 lb. tiny new potatoes, halved (about 24 potatoes)
- 2 cups coarsely shredded cabbage
- ⅓ cup olive oil
- 1 Tbsp. curry powder

continued on page 214



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hot summer, cool taste

continued from page 212

- 3 Tbsp. vinegar
- 1 Tbsp. coarse-grain brown mustard
- 1 tsp. salt
- ½ tsp. coarsely ground black pepper
- ¾ cup sliced celery

1. In a Dutch oven cook potatoes, covered, in a small amount of boiling salted water for 12 to 15 minutes or until just tender; add cabbage the last 1 to 2 minutes of cooking time. Drain; cool.

2. For dressing, in a medium skillet heat the olive oil over medium heat. Stir in curry powder. Cook and stir for 1 minute. Carefully stir in the vinegar, mustard, salt, and black pepper until combined. Remove from heat; cool slightly.

3. In a large bowl combine cooked potato mixture and celery. Pour dressing over potato mixture; toss gently to coat. Makes 8 to 10 servings.

Nutrition facts per serving: 133 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 588 mg sodium, 12 g carbo., 2 g fiber, and 1 g pro. Daily Values: 1% vit. A, 22% vit. C, 3% calcium, and 4% iron.

Beef Steak with Avocado Sauce

Latin America was the inspiration for both a chile rub for steak and for a creamy gravy made from avocado and tomatillos.

Prep: 25 minutes **Grill:** 14 minutes

- 2 12-oz. beef rib-eye steaks or top loin steaks, cut 1¼ to 1½ inches thick
- 1 Tbsp. brown sugar
- 1 tsp. chili powder
- ½ tsp. garlic salt
- ½ tsp. black pepper
- 8 oz. fresh tomatillos, husked and quartered (6 medium)
- ¼ cup water
- 2 oz. cream cheese
- 1 avocado, halved, seeded, peeled, and cut up
- ¼ cup sliced green onions
- ½ tsp. salt
- 8 to 12 green onions, trimmed to 6-inch lengths
- 4 to 6 jalapeño peppers
- 1 large tomato, chopped

1. Trim fat from around the edges of beef rib-eye steaks. In a small bowl combine the brown sugar, chili powder, garlic salt, and pepper. Pat onto both sides of the steaks. Let steaks stand at room temperature for 30 minutes.

2. Meanwhile for sauce, in a small saucepan combine the quartered tomatillos and water. Bring to boiling; reduce heat. Cover and simmer for 5 to 7 minutes or until soft. Stir the cream cheese into tomatillo mixture until melted; cool mixture slightly.

3. In a food processor bowl or blender container combine the tomatillo mixture, the avocado, sliced green onions, and salt. Cover and process or blend until sauce mixture is smooth. Transfer sauce to a serving bowl.

4. Prepare charcoal grill or preheat gas grill. Grill steaks on rack of an uncovered grill directly over medium coals to desired doneness, turning halfway through. (Allow 14 to 18 minutes for medium rare and 18 to 22 minutes for medium.) If desired, brush the whole green onions and jalapeños lightly with oil; grill jalapeños about 10 minutes and green onions about 5 minutes or until soft and lightly charred, turning occasionally.

5. To serve, slice steaks. Serve with sauce, grilled jalapeños, and green onions. Sprinkle with tomato. Makes 4 to 6 servings.

Nutrition facts per serving: 415 cal., 24 g total fat (8 g sat. fat), 96 mg chol., 559 mg sodium, 11 g carbo., 4 g fiber, and 40 g pro. Daily Values: 19% vit. A, 29% vit. C, 4% calcium, and 24% iron.

Spiced Lemon and Lime Ade

Cracked allspice and sprigs of rose mary are steeped in hot water befor blending with lemon and lime juic Serve an hour after putting it togethe or leave to intensify for 24 hours.

Prep: 25 minutes **Cool:** 1 hour **Chill:** 1 to 24 hours

- 2 cups water
- 8 6-inch fresh rosemary sprigs
- 3 Tbsp. whole allspice, coarsely cracked
- 1¼ cups sugar
- ½ cup fresh lemon juice
- ½ cup fresh lime juice
- 7 cups cold water
- 2 lemons and/or limes, sliced or cubed (optional)
- Ice cubes

1. In a medium saucepan combin the water, the rosemary, and th allspice. Bring to boiling. Remov from heat. Cover and let stan for 1 hour or until cool. Remove tw of the rosemary sprigs; rinse, wrap and chill to use later for garnishin the pitcher.

2. Strain liquid through a fin sieve, discarding solids. Stir suga into strained liquid until dissolved Cover and chill 1 to 24 hours.

3. To serve, in large pitcher o punch bowl combine herb-spic liquid, lemon and lime juices, an cold water. Float lemon and/or lim slices and reserved rosemary sprigs i pitcher. Serve in tall glasses over ic Makes seven 12-ounce servings.

Nutrition facts per serving: 14 cal., 0 g total fat (0 g sat. fat), 0 m chol., 10 mg sodium, 37 g carbo 0 g fiber, and 0 g pro. Daily Value 0% vit. A, 22% vit. C, 1% calcium and 0% iron.

Marinated Baby Carrots with Pistachios

A few cardamom seeds, pounde using a mortar and pestle, make thi carrot side dish magical.

Prep: 10 minutes **Steam:** 7 minutes **Chill:** 4 to 24 hours

continued on page 21



What's IT LIKE to be ROLLING IN Dough?

Ask our Freschetta Culinary Council. Five award winning chefs from restaurants across the United States, who get together regularly to toss around new ideas on how to make the freshest, best tasting Freschetta pizza. To them, rolling in dough is their idea of a good time.



Fresh-Thinking. Fresh-Baking. Freschetta.

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continued from page 214



Cardamom pods are easily cracked to reveal the seeds inside.

- 1¼ lb. small whole carrots with tops or 1 lb. carrots
- 2 Tbsp. lemon juice
- ¼ tsp. salt
- ¼ tsp. pepper
- ⅛ tsp. crushed cardamom seeds or ground cardamom
- 1 Tbsp. olive oil
- ¼ cup coarsely chopped, shelled unsalted pistachios

1. Peel carrots. If present, trim green stems from small whole carrots so just ½ to 1 inch remains. Cut long carrots in half lengthwise, then halve crosswise.

2. Place a steamer basket in a large saucepan. Add water to just below basket. Bring to boiling. Add carrots to basket. Cover and steam for 7 to 9 minutes or until tender.

3. In a small bowl combine the lemon juice, salt, pepper, and the cardamom; whisk in the olive oil. Transfer to a shallow bowl. Add the carrots; toss to coat. Cover and chill for 4 to 24 hours.

4. To serve, place carrots in a serving bowl. Sprinkle with pistachios. Makes 4 to 6 servings.

Nutrition facts per serving: 133 cal., 8 g total fat (1 g sat. fat), 0 mg chol., 188 mg sodium, 15 g carbo., 1 g fiber, and 3 g pro. Daily Values: 1% vit. A, 25% vit. C, 4% calcium, and 2% iron.

Triple Dipster Strawberries

Raw sugar is usually available in the baking products aisle of supermarkets. It often comes granulated.

Start to finish: 20 minutes

- 4 cups large strawberries with stems
- 1 8-oz. carton dairy sour cream
- ½ tsp. ground cinnamon
- ½ cup coarsely chopped toasted macadamia nuts
- ½ cup raw sugar or packed brown sugar
- ¼ cup chocolate-covered coffee beans, coarsely chopped

1. Wash strawberries; drain well on paper towels. Place in a serving bowl.

2. In a small bowl stir together the sour cream and the cinnamon. Place sour cream mixture, macadamia nuts, raw or brown sugar, and coffee beans in separate small serving dishes or bowls.

3. To serve, dip strawberries first in sour cream mixture, then in the toasted macadamia nuts, sugar, and/or coffee beans, as desired. Makes 4 servings.

Nutrition facts per serving: 415 cal., 27 g total fat (10 g sat. fat), 25 mg chol., 87 mg sodium, 45 g carbo., 5 g fiber, and 4 g pro. Daily Values: 10% vit. A, 137% vit. C, 13% calcium, and 10% iron.

Creamy Three-Spice Ice Cream

This special ice cream stars spices from India and the Spice Islands.

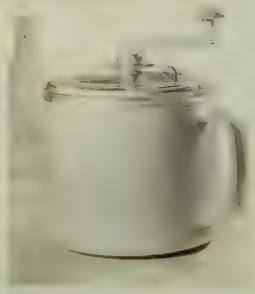
Prep: 15 minutes **Chill:** 2 hours
Freeze: 25 minutes **Ripen:** 4 hours

- 2½ cups half-and-half, light cream, and/or milk
- ¾ cup sugar
- ½ tsp. grated fresh nutmeg
- ¼ tsp. ground cardamom
- ¼ tsp. saffron threads, slightly crushed
- 1½ cups whipping cream
- 1 Tbsp. vanilla

1. In a saucepan combine 1½ cups of half-and-half, light cream, and/or milk; sugar; nutmeg; cardamom; and saffron. Bring mixture just to a simmer, stirring often. Let cool to room temperature. Cover and chill. (Mixture can be prepared a day ahead.)

2. Combine chilled spice mixture with whipping cream; remaining half-and-half, light cream, and/or milk; and vanilla. Freeze mixture in a 4- or 5-quart ice-cream freezer according to manufacturer's directions. Ripen 4 hours according to manufacturer's directions. Makes ten ½-cup servings.

Nutrition facts per serving: 263 cal., 20 g total fat (13 g sat. fat), 71 mg chol., 38 mg sodium, 18 g carbo., 0 g fiber, and 3 g pro. Daily Values: 16% vit. A, 1% vit. C, 9% calcium, and 0% iron.



"NO-ICE" ICE CREAM MAKER

Make Three-Spice Ice Cream (recipe, *above*), along with other frozen yogurts and ice creams in 20 minutes or less! The secret to the **Donvier Premiere Ice Cream Maker** from Browne and Company is its one-quart cylinder. A nontoxic refrigerant is permanently sealed between its walls. When prechilled as directed, the cylinder is cold enough to freeze whatever flavored mixture is poured into it. *No salt, no ice, no electricity!* The cost is $62.95, which includes shipping, handling, and sales tax. ***Please note**: Recipes with yields of greater than four cups of flavored liquid may need to be frozen in batches.*

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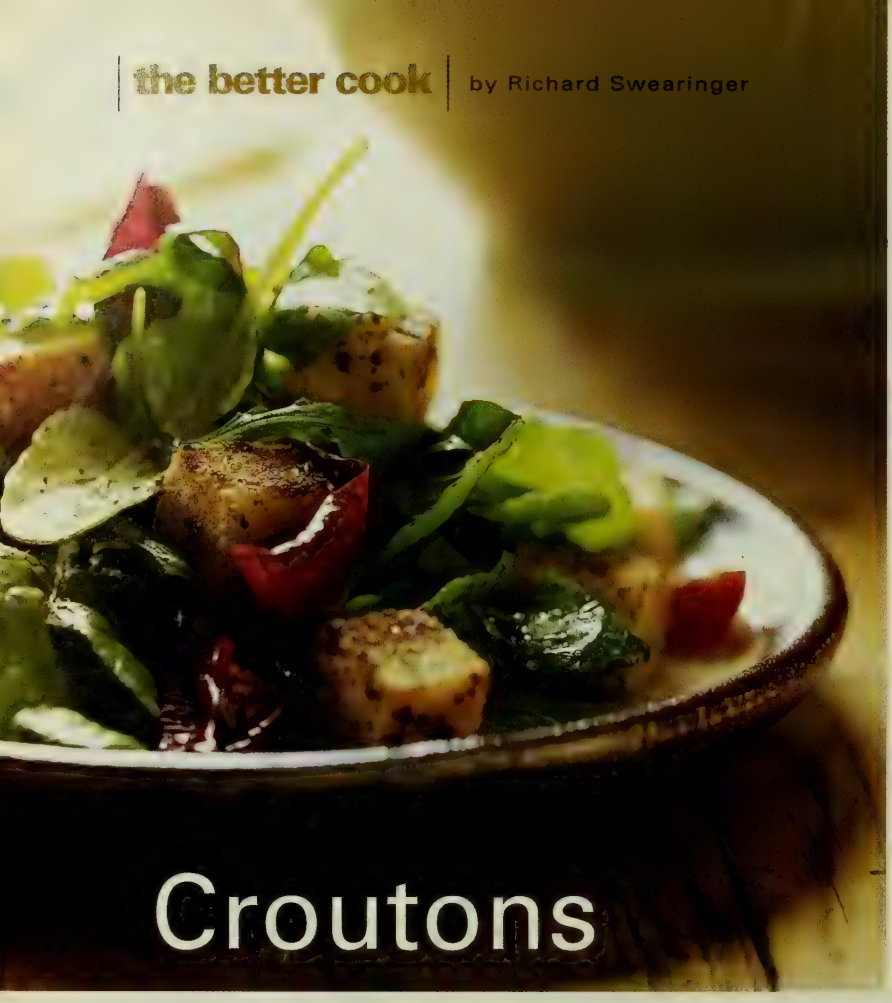
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Croutons

In the life of every loaf of bread, there's an awkward stage—too old for sandwiches, but not really ready to take to the park and feed the birds. At that point, bread is ready to become croutons.

Perched on top of a bounty of summer's sweetest greens (or, in winter, a sea of chicken and noodles), these garlicky, crunchy chunks of bread send a signal to the world that you know how to capitalize on what others would consider a discouraging kitchen dilemma.

Our best advice when making croutons: Go slow. Use medium-low heat and you'll never find yourself saying, "I looked away for a minute, and when I turned back they were burned."

Take it easy with the stirring, as well. Wait to turn the croutons until they're as brown and crisp as you want them.

About the herb choices: We've suggested some herb blends that work well with the recipe, but feel free to substitute your favorite combinations or use any single herb you prefer (if you choose rosemary, reduce the amount to about ½ teaspoon).

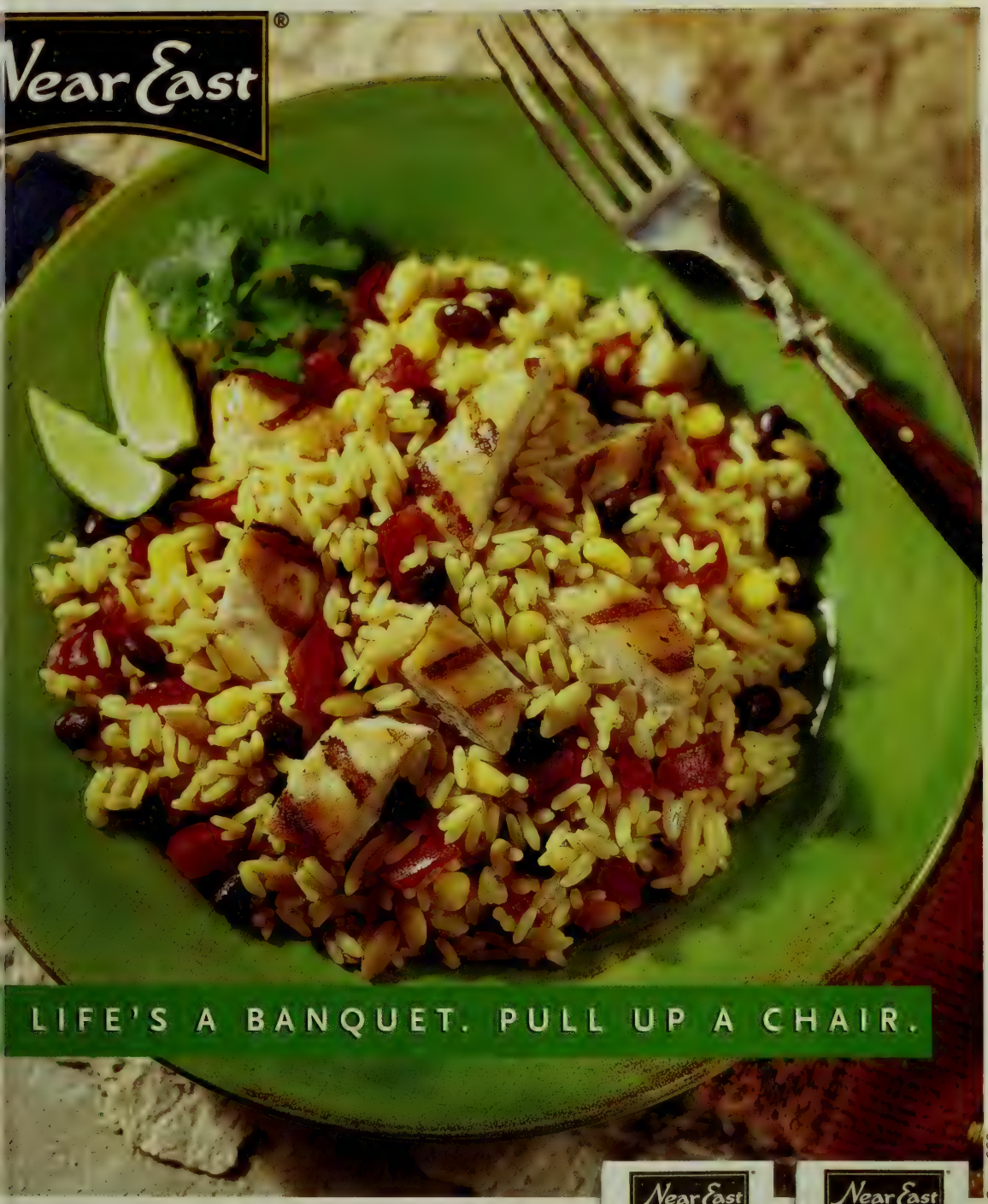
continued on page 220





The nation's spice merchants are forever dreaming up new combinations of herbs, flavorings, and spices. Give into the temptation by sprinkling on a teaspoon or two of spices when making croutons.

Cut or tear bread into medium-size cubes—just about a bite or two big. If possible, use sturdy French or Italian bread; they hold together better than sandwich slices.



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SANTA FE CHICKEN PILAF

EAR EAST Rice Pilaf Mix
·1/2 oz.) fat-free chicken broth
on cumin
ined seasoned diced tomatoes
oked chicken strips, cut in
hunks, heated
resh tomato, chopped
3/4 oz.) whole kernel corn
ined black beans,
, rinsed

1. Prepare Near East rice according to package directions, using chicken broth instead of water. Add cumin with contents of spice sack.
2. Stir remaining 5 ingredients into rice mixture. Top with cheddar cheese, if desired.

6 servings (1 cup each)
Prep Time: 10 minutes
Cook Time: 20 minutes

More great recipes at www.neareast.com





NEAR EAST. A recipe for change.

continued from page 218



You could use a pastry brush to paint each cube with melted herb butter, but it's just as effective and much easier to drizzle the butter from the skillet (*left*) while tossing cubes.

As each side of the bread cubes brown, stir and turn (*below*). Don't worry about getting all of them brown; a few are going to slip through.



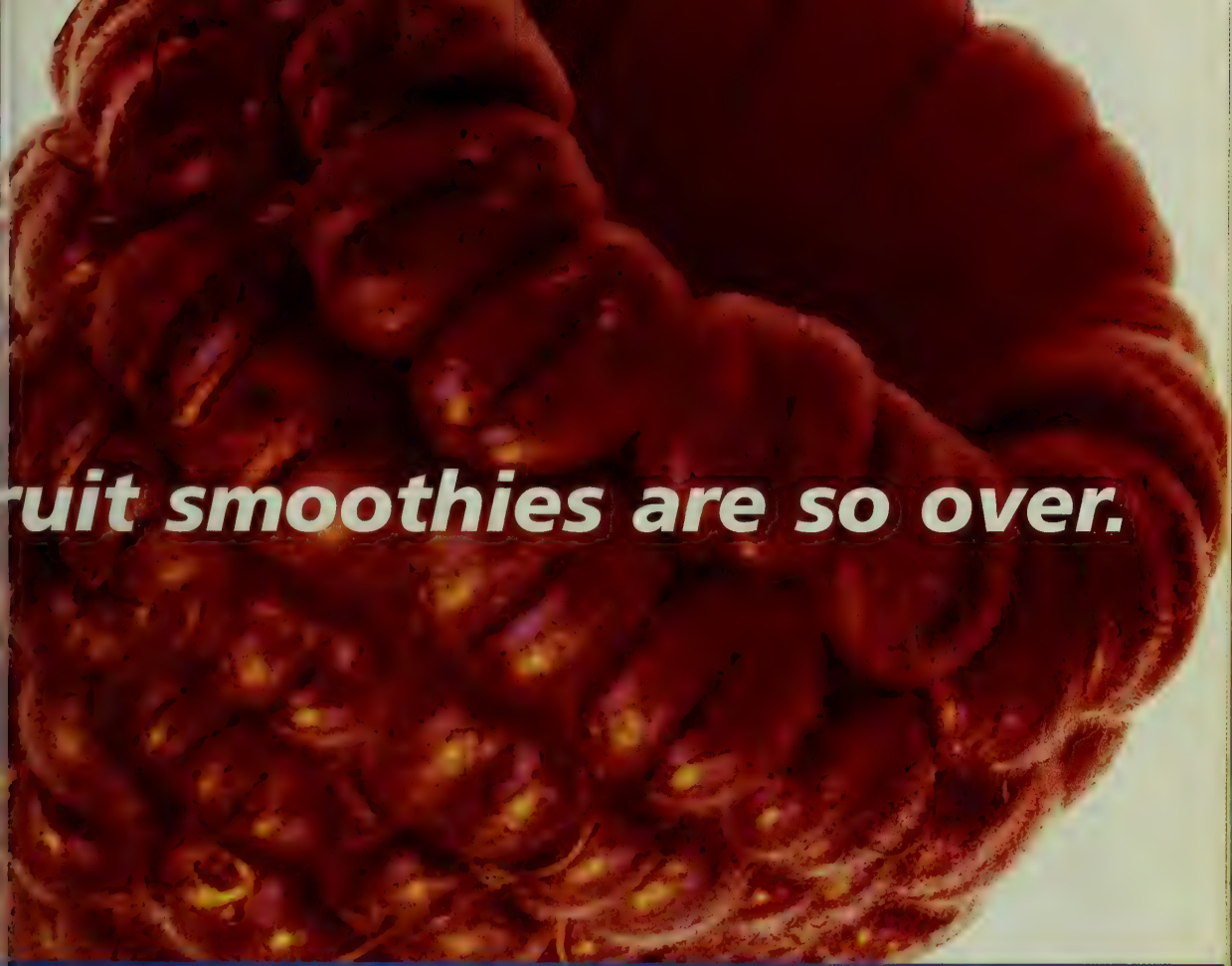
Real Homemade Croutons
Prep: 10 minutes **Cook:** 6 minutes

- 2 cups 1- to 1½-inch cubes French or Italian bread (about 2 oz.)
- 1 Tbsp. cooking oil
- 1 Tbsp. margarine or butter
- 2 large cloves garlic, minced
- 1 tsp. dried seasoning, crushed (such as Italian herbs, Greek seasoning, herbes de Provence, bouquet garni seasoning, or desired spice blend)

1. Place bread cubes in a bowl. In a large skillet heat oil and margarine or butter over medium-low heat. Add garlic and desired seasoning. Cook and stir 30 seconds. Drizzle over bread cubes, tossing to coat well.

2. Pour cubes into skillet. Cook, stirring occasionally over medium-low heat for 6 to 8 minutes or until cubes are lightly brown and crisp. Remove from pan. Drain on paper towels. Store tightly covered for up to 1 week. Makes about 2 cups.

Nutrition facts per 2-tablespoon serving: 24 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 30 mg sodium, 2 g carbo., 0 g fiber, and 0 g pro. Daily Values: 1% vit. A, 0% vit. C, 0% calcium, and 1% iron.





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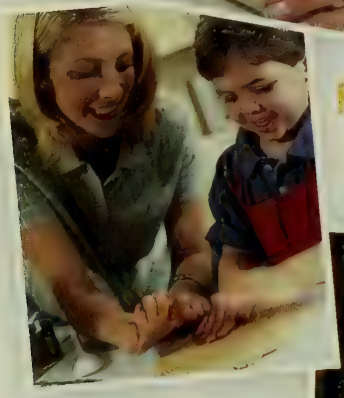
Holdings. Not yet available in all areas.

by Ken Haedrich



Pat-a-Cake Pat-a-Cake

Kids love scones, especially these pat-together scones. They're marked with a "D" for delicious.



Roll it...



pat it...



and mark it with a "D."

Roll or pat the dough. Cut it. And because we've streamlined the recipe—with whipping cream replacing the butter and egg—you and your littlest baker mate (or lady) can indeed bake 'em as fast as you can.

Pat-a-Cake Scones

- 1½ cups all-purpose flour
- ⅓ cup sugar
- 2 tsp. baking powder
- ½ tsp. salt
- ¾ cup whipping cream
- 2 tsp. finely shredded lemon peel
- Whipping cream
- Sugar

1. Preheat oven to 375° F. In a large mixing bowl combine the flour, the ⅓ cup sugar, the baking powder and salt. Make a big dent or well in the center of flour mixture. Add the ¾ cup whipping cream and lemon peel.

2. Stir until mixture is crumbly. Coat hands with a little flour. Use your hands to gently knead the dough in the mixing bowl until it can be formed into a ball. Turn dough out onto a lightly floured surface.

3. Gently roll or pat the dough into a 7½-inch circle. Using a table knife, cut the dough like a pizza into 6 or 8 wedges to make scones. Place scones about 1-inch apart on an ungreased cookie sheet.

4. Lightly brush scones with additional cream; sprinkle with additional sugar. Bake about 18 minutes or until scones are golden brown on the tops and the bottoms. Use a wide metal spatula to remove the scones from cookie sheet. Serve warm. Makes 6 to 8 scones.

continued on page 22


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continued from page 222



You can play with tradition and make scones that are indeed your own. For instance, you might: Fill them with favorite extras, such as raisins or dried cherries. Top them in a flattering fashion with yummy seeds. Or press on a streusel topping (see ideas, *right*), then cut and bake.

Serve scones warm, from a cloth-lined basket—with tea, hot chocolate, cider, or coffee. A fresh batch makes a thoughtful gesture for a hard-working mom or teacher, grandparents, or a best friend.

Should you roll the dough? Or pat it? The beauty of this dough is: It simply doesn't matter. It's flexible enough to accommodate either method, and most forgiving of small, uncertain hands. So don't worry if the top of the dough is uneven; topographic variations will bake and puff up to a smooth finish. Likewise, your little baker will also puff up with pride when he serves his first batch of mouthwatering scones.

DELICIOUS HISTORY

Scones originated in Scotland, where the word rhymes with gone—the original Gaelic word *sgonn*, which sounds like "gone," meaning a shapeless lump of dough. The first were baked free-form on a "girdle," or griddle, over a fire. They were made from oat or barley flour because wheat has never grown well in the Scottish highlands. In time, scone dough would be formed into a circle and cut into *farls*—fourths—much the way we shape them today.



Fruit Scones

Stir ¾ cup raisins, snipped dried ch ries, currants, or other chopped dri fruit into the flour mixture befo adding the cream. Continue as direct in recipe, *page 222*.



Poppy-Seed-Topped Scones

Prepare scones as directed except aft brushing the wedges with the crea sprinkle with 2 teaspoons poppy se or sesame seed, instead of the sug Continue as directed in recipe, *page 22*



Streusel Scones

In a small mixing bowl combine ½ cu walnuts, 3 tablespoons brown sug and ¼ teaspoon ground cinnamo Using a pastry blender or two tab forks, cut in 1 tablespoon cold butt until mixture is crumbly. Stir in nut Sprinkle streusel mixture on top uncut circle of dough. Omit brushin dough with additional cream. Use yo fingers or your hands to gently pre streusel mixture into dough. Cut circ into wedges and continue as directed recipe, *page 222*.

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Picking Up on Crumb Cake

This lemony version of a New England classic cake dotted with blueberries and a hint of coriander. The ca is an ideal breakfast treat or an afternoon renewal fr the day's demands.

Lemon-Berry Crumb Cake
Prep: 30 minutes **Bake:** 45 minutes

- Nonstick cooking spray
- 1 cup all-purpose flour
- 1 tsp. baking powder
- ¼ cup butter, softened
- ¾ cup sugar
- 2 tsp. finely shredded lemon peel
- 2 Tbsp. lemon juice
- 2 eggs
- 2 Tbsp. milk
- 1½ cups fresh blueberries
- ½ cup all-purpose flo
- ½ cup sugar
- 1 tsp. ground coriand
- ¼ cup cold butter

1. Preheat oven to 350° F. Coat bottom and sides of 8×8×2-inch baking pan with cooking spray; set asid Combine the 1 cup flour and the baking powder; set asid

2. In a large mixing bowl beat the ¼ cup softened bu ter with an electric mixer on medium to high speed f 30 seconds. Add the ¾ cup sugar, lemon peel, and lemo juice; beat until well combined. Add eggs, one at a tim beating well after each. Add reserved flour mixture ar milk alternately to beaten mixture, beating on low spe after each addition until just combined. Pour batter in prepared pan; spread evenly. Sprinkle with blueberrie

3. In a small bowl combine remaining flour, sugar, ar coriander. Cut in butter until mixture resembles coar crumbs. Sprinkle over berries. Bake for 45 to 50 minut or until a toothpick inserted near center comes out clea Serve warm. Makes 9 servings.

Nutrition facts per serving: 312 cal., 12 g total fat (7 sat. fat), 75 mg chol., 162 mg sodium, 47 g carbo., 1 g fibe 4 g pro. Daily Values: 11% vit. A, 8% vit. C, 4% calciu and 8% iron.

utrition formation

v to make it work for you

n each recipe, we give important ition information. The calorie nt of each serving and the unt, in grams, of fat, saturated cholesterol, sodium, carbohy- es, fiber, and protein will help keep tabs on what you eat.

ou can check the levels of each pe serving for vitamin A, vitamin alcium, and iron. These are d in percentages of the Daily es. The Daily Values are dietary dards determined by the Food Drug Administration (FDA).

we analyze

omit optional ingredients from nutrition analysis. The analysis is ulated using 2 percent reduced- nilk.

When ingredient choices appear in cipe (such as margarine or but- we use the first one mentioned analysis. The ingredient order s not mean we prefer one ingre- nt over the other.

We use the first serving size listed n a range is given.

at you need:

ories: About 2,000
l fat: Less than 65 grams
urated fat: Less than
lesterol: Less than
0 milligrams
bohydrate: About 300 grams
lium: Less than 2,400 milligrams
ary fiber: 20 to 30 grams

Use our analyses to chart the rition value of the foods you The dietary guidelines *above* gest the levels of nutrients that derately active adults should ve to eat each day. There is no real m in going over or under these delines in any single day, but it is ood idea to aim for a balanced t over time.

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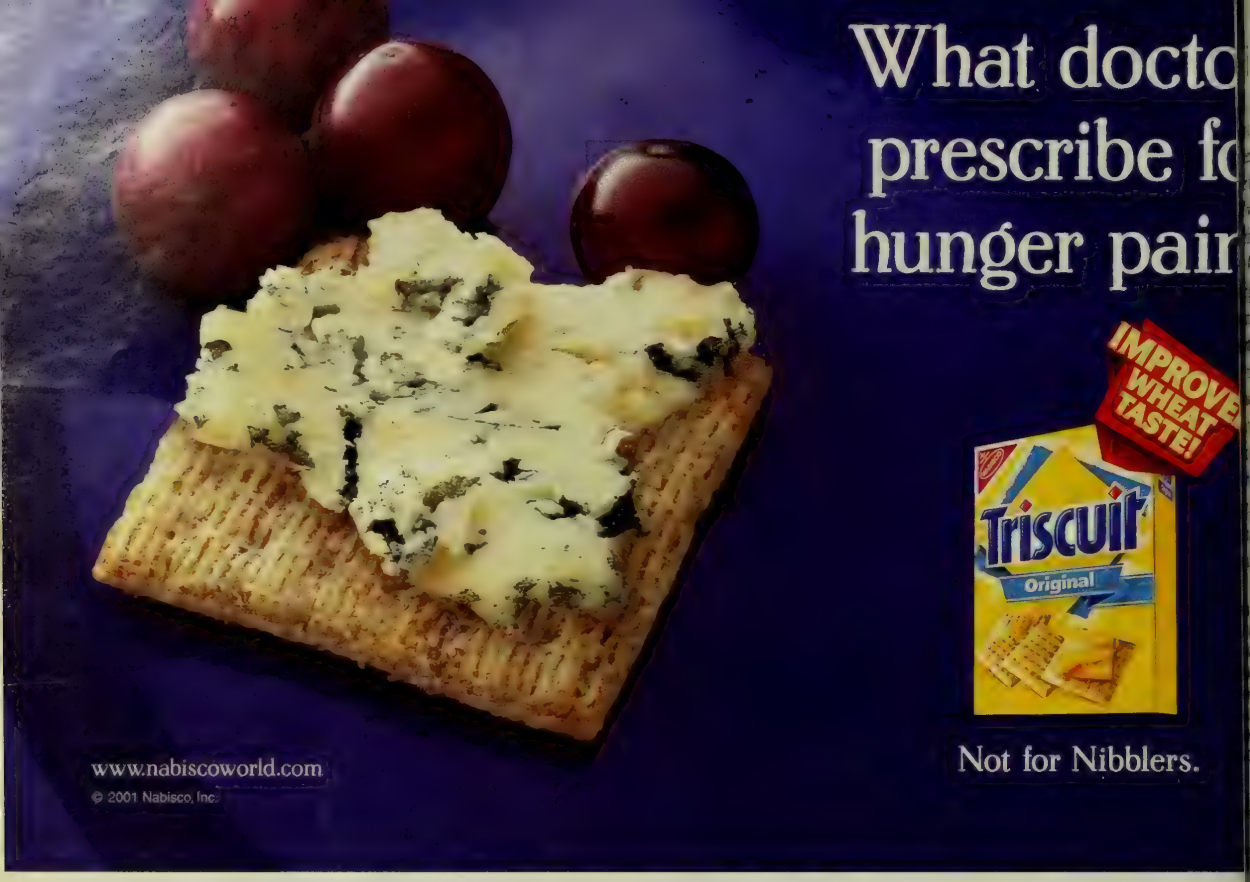




Jazz up
dinner tonight!







the clever cook™

Going bananas on the grill

For a cool and easy summertime dessert, grill unpeeled, slightly green bananas over medium coals, turning once, for 15 to 20 minutes or until peel is black and banana is soft. Split lengthwise and sprinkle with brown sugar. Serve in the peel in a festive dessert dish. Top with sour cream or coconut, if desired.

Marge Killmon
Annandale, Va.

End barbecue amnesia

To eliminate extra trips between the kitchen and outdoor grill for forgotten items, gather all your supplies and put them in a large plastic caddy (the kind sold to hold cleaning products). Among the items you might need: long matches, tongs, fork, spatula, basting brush, oven mitts, paper towels, plates, thermometer, and the grill owner's guide.

Catherine Harrigan Chiang
Shrewsbury, N.J.

Easier bacon cheeseburgers

Cut your grill-out cleanup by one pan: sprinkle cooked bacon bits from a jar on each side of your burger patty and press into place. Grill as usual. Top with a slice of cheese during the last 2 minutes of cooking.

R. M. Grant
Denver, Colo.

Low-stress shopping with kids

Having my elementary-school aged children home for summer is a pleasure, except when the time comes to grocery shop. They hate it. So I make each child responsible for one mea week. They make their own groc list and fill their own cart as I co plete the other shopping.

Jane Lanig
Highland Village, Te

BE A CLEVER COOK

The food editors of *Better Homes and Gardens*® magazine invite you to send us your niftiest kitchen tips. We're looking for original ideas that make cooking easier, healthier, or more rewarding for you and your family. We will pay $25 for each published tip.

Please send your tips to: The Clever Cook, *BH&G* Foods Depart ment, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*® magazine.

in Money and Prizes

Prize Tested Recipes (see page 231)

original recipe could be worth up to $400 and net you a en full of new appliances. Send your recipes (ones that have r before been published) to our Prize Tested Recipes® con- which features two new categories each month. Seven ths later, we'll publish the four winning recipes.

Annual Grand Prize: GE Profile Appliances igerator, dishwasher, microwave oven, and range or top/oven; approximate retail value: $5,000)

thly Prizes: Two $400 winners, Two $200 winners, Ten honor rolls

uary 2002 Categories: Skillet Dinners: What do you bine with meat, poultry, or fish for a meal-in-a-skillet? lo you go meatless with beans, rice, and/or grains?

fles and French Toast: Is your secret recipe a special top- , such as a syrup or fruit? Do you make a special stuffed ich toast using whole grain bread? Or perhaps you have ike-ahead recipe or start with frozen waffles.

Month's Winners - Pages 231 and 232

Winners: Kay Krause, Sioux Falls, S.D.; Debbie Sependa, Temecula, Calif. Winners: Randolph C. Bush, Bridgeport, Conn.; Shelley Worden, Ann Arich. $50 Honor Roll Winners: Cathy Amatucci, Boyertown, Pa.; Michelle rson, Fresno, Calif.; Sara Barnes, Lorena, Texas; Jennie Fox, Orchard Mich.; Mary Ann Lee, Naples, Fla.; Wendy Nankeville, Novato, Calif.; yn Rush, Sioux City, Iowa; April Tozlowski, Framingham, Mass.; Carol lorn, Garden Grove, Calif.; Wendy Ann Wood, Portland, Ore.

Contest Rules: NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Skillet Dinners" or "Waffles and French Toast." Specify brands and recipe origin. 3. Send recipes by postal mail to: 0201 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to: ptr@mdp.com. 4. Entries must be postmarked by June 23, 2001, and received by June 29, 2001. E-mail entries must be posted by 11:59 p.m., EDT, June 23, 2001. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. The annual grand prize winner will be selected from the year 2002's top winners on or about October 1, 2002, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of GE Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*® editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send a self-addressed stamped envelope to above address to receive winners' list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for entries they are unable to process due to phone, network, electronic, or computer hardware or software failures, or technical failures of any kind. Subject to all U.S. federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners.

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(Now you can focus on eating it.)



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see page 229 for details



$400 winner Melon 'n' Salami on Rye

Debbie Sependa, Temecula, Calif.,
in the Take-Along Sandwiches Category, June 2001

- 4 slices rye bread and/or pumpernickel bread
- 2 tsp. Dijon-style mustard
- 2 to 3 oz. thinly sliced Jarlsberg cheese or Swiss cheese
- 2 oz. thinly sliced prosciutto
- 4 to 8 thin slices honeydew melon, peeled
- 2 tsp. light dairy sour cream
- 2 oz. thinly sliced salami
- 2 to 3 oz. thinly sliced Gouda cheese
- 2 romaine lettuce leaves, ribs removed (optional)

Spread one side of each bread slice lightly with mustard. On two of the bread slices layer the Jarlsberg cheese, prosciutto, and melon on top of mustard. Spread a thin layer of sour cream over melon slices. Add salami, Gouda, and romaine, if desired. Top with remaining two bread slices, mustard side down. Wrap in plastic wrap. Chill for 1 to 6 hours. Makes 2 sandwiches.

Nutrition facts per sandwich: 627 cal., 30 g total fat (14 g sat. fat), 96 mg chol., 2,137 mg sodium, 56 g carbo., 5 g fiber, and 36 g pro. Daily Values: 18% vit. A, 108% vit. C, 52% calcium, 17% iron.

(For more recipes, go online at www.bhg.com/food or AOL Keyword: Food)

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.

Prize Tested Recipes®
see page 229 for details



$400 winner Zucchini Bread Pudding

Kay Krause, Sioux Falls, S.D.,
in the Summer Squash Fix-Ups Category, June 2001

- 2 medium zucchini, sliced ¼ inch thick
- ½ cup frozen whole kernel corn
- 2 Tbsp. olive oil
- ½ cup chopped roasted red sweet peppers
- 1 Tbsp. minced fresh garlic (6 cloves)
- 1 Tbsp. snipped fresh basil or 1 tsp. dried basil, crushed
- 1 Tbsp. snipped fresh parsley or 1 tsp. dried parsley
- 1 Tbsp. snipped fresh sage or 1 tsp. dried sage, crushed
- 5 cups 1-inch sourdough or Italian bread cubes (about 13 oz.)
- 4 oz. Swiss cheese shredded (1 cup)
- 3 Tbsp. chopped toasted pecans
- 2 cups half-and-half or light cream
- 5 eggs, slightly beaten
- 1 tsp. salt
- ¼ tsp. pepper

Preheat oven to 350° F. Grease a 2-quart rectangular or oval baking dish; set aside. In a large skillet cook zucchini and corn in hot oil for 3 minutes. Stir in sweet peppers, garlic, basil, parsley, and sage. Cook and stir for 2 minutes more or until zucchini is tender. Stir in bread. Place half of the mixture in prepared dish. Sprinkle with half of the cheese. Repeat layers. Sprinkle with nuts. In a medium bowl whisk together half-and-half, eggs, salt, and pepper. Carefully pour over bread mixture.

Bake, uncovered, for 35 minutes or until a knife inserted near the center comes out clean. (To make ahead: Layer mixture, but do not bake. Cover; refrigerate for 2 to 24 hours. Bake, uncovered, in a 350° F oven 45 minutes or until a knife inserted off center

see page 229 for details



$200 winner Zucchini with Shrimp

Randolph C. Bush, Bridgeport, Conn.,
in the Summer Squash Fix-Ups Category, June 2001

- 8 oz. fresh or frozen peeled, deveined medium shrimp (12 oz. in shells)
- 5 zucchini (about 1¼ lb.)
- 8 oz. fresh asparagus spears
- 1 fresh jalapeño pepper, seeded and finely chopped*
- 1 Tbsp. grated fresh ginger
- 2 cloves garlic, minced
- 2 Tbsp. cooking oil
- 2 Tbsp. snipped fresh cilantro
- 1 Tbsp. toasted sesame seed
- 2 tsp. toasted sesame oil
- ¼ tsp. salt
- ¼ tsp. pepper

Thaw shrimp, if frozen. Halve each zucchini lengthwise. Place each half, cut side down, on a board and cut into long, thin strips. Set aside. Snap off and discard woody bases from asparagus. Cut asparagus diagonally into 1-inch pieces.

Place asparagus in a steamer basket over gently boiling water. Cover and steam for 2 minutes; add zucchini and steam for 2 to 3 minutes more or until vegetables are just crisp-tender (don't overcook). Drain well; keep warm. Meanwhile, in a large skillet cook jalapeño, ginger, and garlic in oil over medium-high heat for 30 seconds. Add shrimp. Cook over medium-high heat for 2 to 3 minutes or until shrimp turn pink, stirring often. Stir in cilantro, sesame seed, sesame oil, salt, and pepper. Add zucchini and asparagus to skillet; toss gently to coat. Transfer to a serving platter. If desired, sprinkle with additional cilantro and/or sesame seed. Makes 4 main-dish servings.

Nutrition facts per serving: 197 cal., 12 g total fat (2 g sat. fat), 86 mg chol., 239 mg sodium

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Prize Tested Recipes®

see page 229 for details



$200 winner Tomato-Turkey Wrap

Shelley Worden, Ann Arbor, Mich.,
in the Take-Along Sandwiches Category, June 2001

- 1 7-oz. container prepared hummus
- 3 9- to 10-inch tomato-basil-flavored flour tortillas or plain flour tortillas
- 8 oz. thinly sliced, cooked peppered turkey breast
- 6 romaine lettuce leaves, ribs removed
- 3 small tomatoes, thinly sliced
- 3 thin slices red onion, separated into rings

Spread hummus evenly over tortillas. Layer turkey breast, romaine, tomatoes, and red onion on top of each tortilla. Roll up each tortilla into a spiral. Cut each tortilla in half, securing with wooden toothpicks, if necessary. Wrap with plastic wrap. Chill for up to 4 hours. Makes 6 servings.

Nutrition facts per serving: 221 cal., 6 g total fat (1 g sat. fat), 16 mg chol., 926 mg sodium, 29 g carbo., 3 g fiber, and 14 g pro. Daily Values: 19% vit. A, 28% vit. C, 6% calcium, and 13% iron.



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top 7 dieting myths

by Michele Meyer

Knowing the facts dispels the myths behind unhealthy, even risky weight-loss schemes. Leading experts tell us the truth.

Americans annually spend $33 billion on diet products.

Myth 1: Feast on steak; cut the carbs.

Fact: Shedding pounds effortlessly by eating lots of high-fat foods and severely restricting carbohydrate-containing foods sounds, and is, too good to be true.

"High protein diets are dangerous," says Kenneth H. Cooper, M.D., president of Cooper Clinic and Cooper Aerobics Center in Dallas.

These diets may cause rapid initial weight loss. But instead of losing fat, you lose mostly water and precious muscle. A healthy diet includes complex carbohydrates (starches found in whole grains, vegetables, legumes, and nuts). These starches convert efficiently into glucose, which produces energy for every cell in the body. But without carbohydrates to burn, your body loses water and breaks down muscle. This process strains the kidneys and other organs. Also, high-protein diets are high in saturated fat, a risk factor for heart disease, and they may cause gout and loss of calcium.

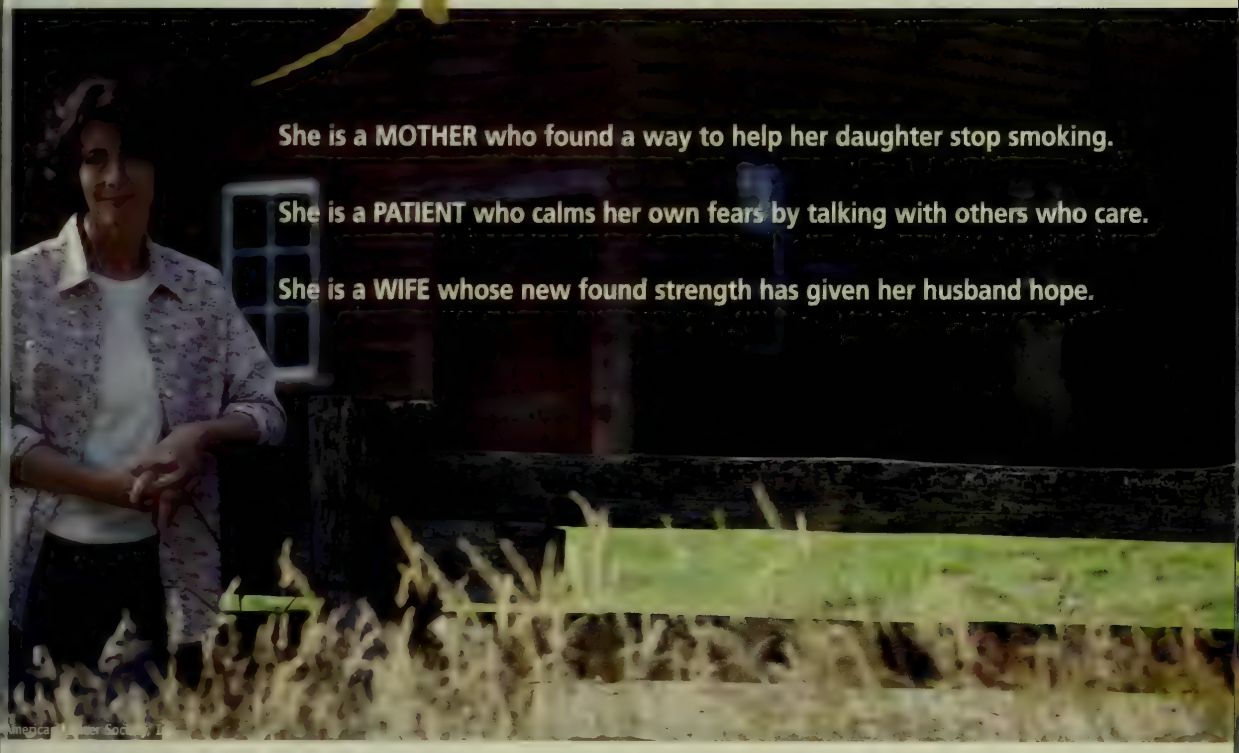
Fortunately, many people tire quickly of such diets because of limited food choices and complaints of constipation, headache, fatigue, or nausea.

Myth 2: "Fat-burning" foods work really fast.

Fact: This type of diet operates on the premise that certain foods can burn away body fat. One famous version promises that if you eat mostly grapefruit, the pounds will melt away. No food stimulates your body to burn fat. You lose weight because you're eating fewer total calories, not because the food is

continued on page 238

she



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continued from page 234

magically burning fat. These diets are nutritionally unbalanced and risky.

"To keep weight off, you've got to take it off slowly, at most 2 pounds per week," says Cooper. A diet rich in vegetables and fruits—five to nine servings daily—has been shown to lower cancer risk.



Myth 3: Obesity runs in my family, so I'll never be slim.

Fact: Certainly, there is a strong genetic component to a person's body mass. But you can affect it with your eating habits and physical activity, says Lawrence Cheskin, M.D., the director of Johns Hopkins Weight Management Center in Baltimore. In other words, move, move, move. Regular activity can boost your fitness and energy levels. It also reduces your risk for chronic diseases.

People can reap benefits from as little as 30 minutes of moderate activity several times a week. If you're short on time, try accumulating your daily 30 minutes in 10-minute chunks. Even everyday activities, such as mowing the lawn and vigorous housecleaning, burn calories.

If you haven't been active, check with your doctor before starting a program. Begin by taking 10-minute walks a few nights a week. Exercising before your evening meal will suppress your appetite.

Myth 4: Try liposuction.

Fact: Liposuction does not work, says Xavier Pi-Sunyer, M.D., director of the Obesity Research Center at New York's St. Luke's-Roosevelt Hospital Center. It is a cosmetic procedure that cannot get enough fat out. Negative side effects include permanent rippling of skin and even a surprising number of deaths, says Cooper.

Myth 5: Why sweat when your doctor can prescribe meds?

Fact: Prescription drugs may help, but physical activity and changing eating habits are preferable. Weight-loss medicine, such as phentermine, Meridia (sibutramine), and Xenical (orlistat) are meant for the morbidly obese, or people more than 30 pounds overweight and not getting results through dieting, says Cheskin. "Phentermine and Meridia are appetite suppressants," says Cheskin. "Xenical, a fat-blocking agent, acts in your gastrointestinal tract to prevent the absorption of some of the fat you eat. If you eat a lot of fat, you'll have unpleasant side effects, such as gas and diarrhea. That helps people to stick with a lower fat diet."



Beware fabulous claims about over-the-counter diet pills and drugs, nonprescription liquid diets, appetite suppressants, and diuretics. You're just as likely to find a genie in a bottle to grant your wish for a quickly svelte self. Most people who try these products experience rapid weight loss but end up regaining the pounds. Another concern is potential side effects. For example, taking nonprescription appetite suppressants may lead to increased blood pressure, nervousness, rapid heartbeat, or inability to sleep.

Myth 6: Get your stomach stapled; lots of people do it.

Fact: Stomach procedures, such as gastric bypass, have been successful. However, they are recommended only for people who are very obese, says Pi-Sunyer of St. Luke's-Roosevelt Hospital Center. This operation has unpleasant side effects such as vomiting, abdominal discomfort, or heartburn. Stapling the stomach also carries the risk of death.

Myth 7: If you have trouble losing weight, blame your thyroid.

Fact: Take a look at how much food you're dishing up. "Portions have gotten larger, so you might be eating more than you did ten years ago," says George Blackburn, M.D., director of the Center for the Study of Nutrition and Medicine at Beth Israel Deaconess Medical Center in Boston. At home, you can measure portions. But if you're eating out, try this strategy: Think of a portion of meat (3-4 ounces) as the size of your palm. Your fist is about the size of a cup of pasta or fruit. A tablespoon is approximately the size of your thumb tip and a teaspoon the size of your fingertip. ♦



LIGHTEN UP ON RIGID RULES

If you struggle with several extra pounds, focus less on strict dieting. The 240-page hardcover *Better Homes and Gardens*® book, ***The Smart Diet*** (2000), offers health tips and 160 recipes. Enjoy food while achieving and maintaining a reasonable weight. The secret is the "nondiet" approach. For example, think of a meal as fuel, nourishment, and pleasure—not as your last supper. Experiment with herbs and seasonings to create new taste sensations. Sample "forbidden" food occasionally so you won't binge. The price is $29.95 (includes shipping, handling, and tax). TO ORDER, call 800/881-4066.

Of all the ideas for whitening your teeth, this one's the brightest.

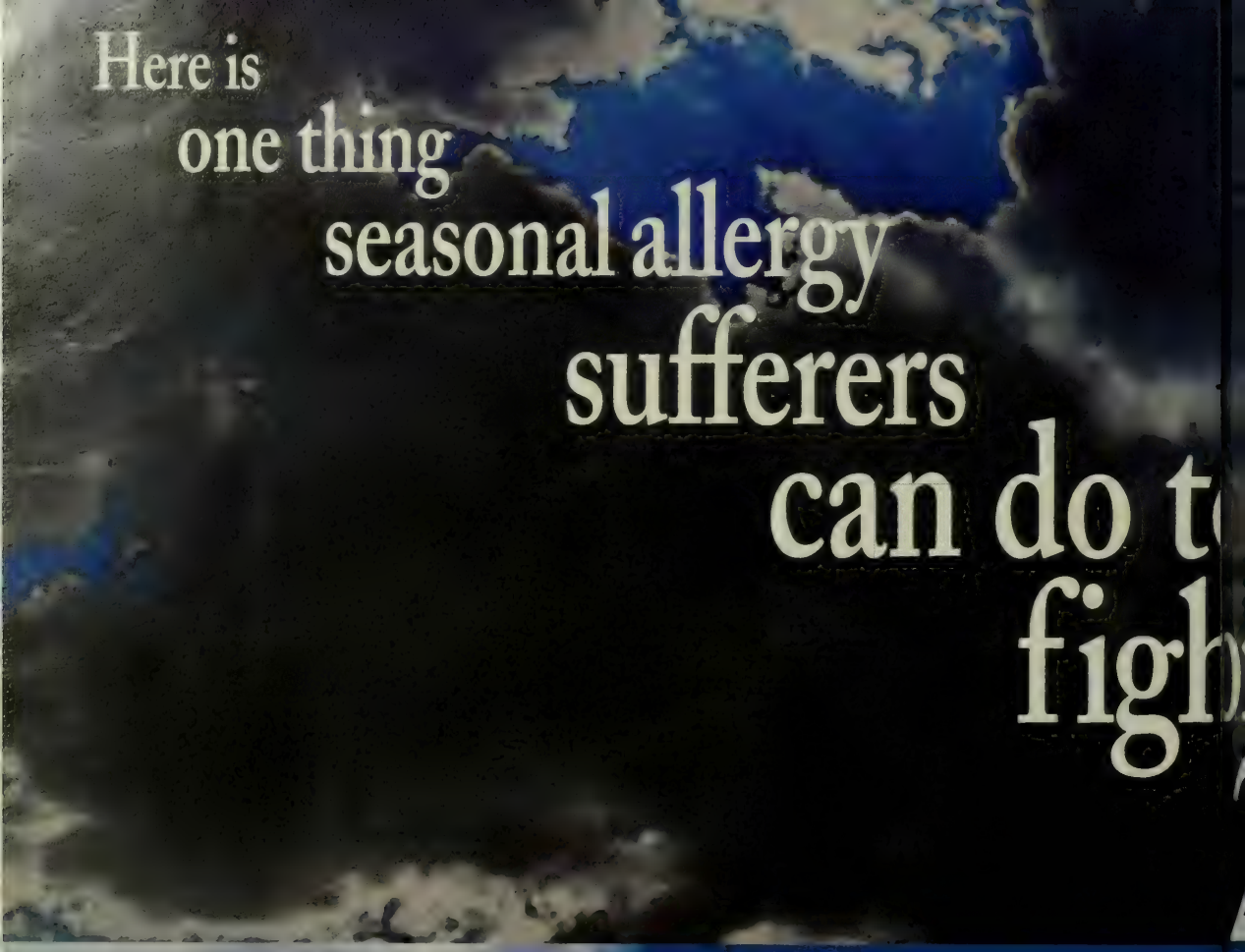


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Talk to your doctor about once-a-day, nondrowsy CLARITIN-D® 24 HOUR — for people age and up. CLARITIN-D® 24 HOUR is safe to take as prescribed: one tablet daily. In studies, dr mouth was the most commonly reported side effect. Other side effects, including drowsines sleeplessness, occurred about as often as they did with a sugar pill. ***Some people should not ta CLARITIN-D® 24 HOUR.*** If you have a history of difficulty in swallowing tablets or any me problems associated with swallowing abnormalities, you should not take CLARITIN-D® 24 HO Due to pseudoephedrine (the decongestant in CLARITIN-D® 24 HOUR tablets and many over-the-counter allergy medications), you should not take CLARITIN-D® 24 HOUR if you h glaucoma (abnormally high pressure in your eyes), difficulty urinating, severe high blood pressure, severe heart disease, or are taking MAO inhibitors (certain prescription medications treat depression). ***Some people need to be especially careful using CLARITIN-D® 24 HOUR.***



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s take CLARITIN-D® 24 HOUR with a
ss of water. Also, the tablets must not be
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have high blood pressure; diabetes; heart
; increased intraocular pressure (eye
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ng to become pregnant, or nursing a baby. You shouldn't take CLARITIN-D® 24 HOUR
ny other antihistamines and decongestants, as too much pseudoephedrine sulfate
use nervousness, sleeplessness, dizziness, and other related side effects.
see next page for additional important information.
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Once-a-day
Claritin-D® 24 Hour
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Extended Release Tablets

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CLARITIN-D® 24 HOUR

brand of loratadine and pseudoephedrine sulfate, USP Extended Release Tablets

BRIEF SUMMARY
(For full Prescribing Information, see package insert.)

INDICATIONS AND USAGE: CLARITIN-D 24 HOUR Extended Release Tablets are indicated for the relief of symptoms of seasonal allergic rhinitis. CLARITIN-D 24 HOUR Extended Release Tablets should be administered when both the antihistaminic properties of CLARITIN® (loratadine) and the nasal decongestant activity of pseudoephedrine sulfate are desired (see **CLINICAL PHARMACOLOGY** section).

CONTRAINDICATIONS: CLARITIN-D 24 HOUR Extended Release Tablets are contraindicated in patients who are hypersensitive to this medication or to any of its ingredients.

This product, due to its pseudoephedrine component, is contraindicated in patients with narrow-angle glaucoma or urinary retention, and in patients receiving monoamine oxidase (MAO) inhibitor therapy or within fourteen (14) days of stopping such treatment. (See **PRECAUTIONS: Drug Interactions** section.) It is also contraindicated in patients with severe hypertension, severe coronary artery disease, and in those who have shown hypersensitivity or idiosyncrasy to its components, to adrenergic agents, or to other drugs of similar chemical structures. Manifestations of patient idiosyncrasy to adrenergic agents include: insomnia, dizziness, weakness, tremor, or arrhythmias.

WARNINGS: CLARITIN-D 24 HOUR Extended Release Tablets should be used with caution in patients with hypertension, diabetes mellitus, ischemic heart disease, increased intraocular pressure, hyperthyroidism, renal impairment, or prostatic hypertrophy. Central nervous system stimulation with convulsions or cardiovascular collapse with accompanying hypotension may be produced by sympathomimetic amines.

Use in Patients Approximately 60 Years of Age and Older: The safety and efficacy of CLARITIN-D 24 HOUR Extended Release Tablets in patients greater than 60 years old have not been investigated in placebo-controlled clinical trials. The elderly are more likely to have adverse reactions to sympathomimetic amines.

PRECAUTIONS: General: Because there have been reports of esophageal obstruction and perforation in patients who have taken a previously marketed formulation of CLARITIN-D 24 HOUR Extended Release Tablets, it is recommended that patients who have a history of difficulty in swallowing tablets or who have known upper gastrointestinal narrowing or abnormal esophageal peristalsis not use this product. Furthermore, since it is not known whether this formulation of CLARITIN-D 24 HOUR Extended Release Tablets has the potential for this adverse event, it is reasonable to recommend that all patients take this product with a full glass of water (see **PRECAUTIONS: Information for Patients, ADVERSE REACTIONS, DOSAGE AND ADMINISTRATION**). Because the doses of this fixed combination product cannot be individually titrated and hepatic insufficiency results in a reduced clearance of loratadine to a much greater extent than pseudoephedrine, CLARITIN-D 24 HOUR Extended Release Tablets should generally be avoided in patients with hepatic insufficiency. Patients with renal insufficiency (GFR <30 mL/min) should be given a lower initial dose (one tablet every other day) because they have reduced clearance of loratadine and pseudoephedrine.

Information for Patients: Patients taking CLARITIN-D 24 HOUR Extended Release Tablets should receive the following information: CLARITIN-D 24 HOUR Extended Release Tablets are prescribed for the relief of symptoms of seasonal allergic rhinitis. Patients should be instructed to take CLARITIN-D 24 HOUR Extended Release Tablets only as prescribed and not to exceed the prescribed dose. Patients should also be advised against the concurrent use of CLARITIN-D 24 HOUR Extended Release Tablets with over-the-counter antihistamines and decongestants. Patients who have a history of difficulty in swallowing tablets or who have known upper gastrointestinal narrowing or abnormal esophageal peristalsis should not use this product.

This product should not be used by patients who are hypersensitive to it or to any of its ingredients. Due to its pseudoephedrine component, this product should not be used by patients with narrow-angle glaucoma, urinary retention, or by patients receiving a monoamine oxidase (MAO) inhibitor or within 14 days of stopping use of an MAO inhibitor. It also should not be used by patients with severe hypertension or severe coronary artery disease.

Patients who are or may become pregnant should be told that this product should be used in pregnancy or during lactation only if the potential benefit justifies the potential risk to the fetus or nursing infant.

Patients should be instructed not to break or chew the tablet and to take it with a full glass of water (see **PRECAUTIONS: General, ADVERSE REACTIONS, DOSAGE AND ADMINISTRATION**).

Drug Interactions: No specific interaction studies have been conducted with CLARITIN-D 24 HOUR Extended Release Tablets. However, loratadine (10 mg once daily) has been safely coadministered with therapeutic doses of erythromycin, cimetidine, and ketoconazole in controlled clinical pharmacology studies. Although increased plasma concentrations (AUC 0-24 hrs) of loratadine and/or descarboethoxyloratadine were observed following coadministration of loratadine with each of these drugs in normal volunteers (n = 24 in each study), there were no clinically relevant changes in the safety profile of loratadine, as assessed by electrocardiographic parameters, clinical laboratory tests, vital signs, and adverse events. There were no significant effects on QT_c intervals, and no reports of sedation or syncope. No effects on plasma concentrations of cimetidine or ketoconazole were observed. Plasma concentrations (AUC 0-24 hrs) of erythromycin decreased 15% with coadministration of loratadine relative to that observed with erythromycin alone. The clinical relevance of this difference is unknown. These above findings are summarized in the following table:

Effects on Plasma Concentrations (AUC 0-24 hrs) of Loratadine and Descarboethoxyloratadine After 10 Days of Coadministration (Loratadine 10 mg) in Normal Volunteers

	Loratadine	Descarboethoxyloratadine
Erythromycin (500 mg Q8h)	+ 40%	+46%
Cimetidine (300 mg QID)	+103%	+ 6%
Ketoconazole (200 mg Q12h)	+307%	+73%

There does not appear to be an increase in adverse events in subjects who received oral contraceptives and loratadine.

CLARITIN-D 24 HOUR Extended Release Tablets (pseudoephedrine component) are contraindicated in patients taking monoamine oxidase inhibitors and for 2 weeks after stopping use of an MAO inhibitor. The antihypertensive effects of beta-adrenergic blocking agents, methyldopa, mecamylamine, reserpine, and veratrum alkaloids may be reduced by sympathomimetics. Increased ectopic pacemaker activity can occur when pseudoephedrine is used concomitantly with digitalis.

Drug/Laboratory Test Interactions: The *in vitro* addition of pseudoephedrine to sera containing the cardiac isoenzyme MB of serum creatinine phosphokinase progressively inhibits the activity of the enzyme. The inhibition becomes complete over 6 hours.

Carcinogenesis, Mutagenesis, Impairment of Fertility: There are no animal or laboratory studies on the combination product loratadine and pseudoephedrine sulfate to evaluate carcinogenesis, mutagenesis, or impairment of fertility.

In an 18-month carcinogenicity study in mice and a 2-year study in rats loratadine was administered in the diet at doses up to 40 mg/kg (mice) and 25 mg/kg (rats). In the carcinogenicity studies pharmacokinetic assessments were carried out to determine animal exposure to the drug. AUC data demonstrated that the exposure of mice given 40 mg/kg of loratadine was 3.6 (loratadine) and 18 (active metabolite) times higher than in humans given the maximum recommended daily oral dose. Exposure of rats given 25 mg/kg of loratadine was 28 (loratadine) and 67 (active metabolite) times higher than in humans given the maximum recommended daily oral dose. Male mice given 40 mg/kg had a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg and in males and females given 25 mg/kg. The clinical significance of these findings during long-term use of loratadine is not known.

Two-year feeding studies in mice and rats conducted under the auspices of the National Toxicology Programs (NTP) uncovered no evidence of carcinogenic potential of ephedrine sulfate at doses up to 10 and 27 mg/kg, respectively (approximately 16% and 100% of the maximum recommended human daily oral dose of pseudoephedrine sulfate on a mg/m^2 basis).

In mutagenicity studies with loratadine alone, there was no evidence of mutagenic potential in reverse (Ames) or forward point mutation (CHO-HGPRT) assays, or in the assay for DNA damage (Rat Primary Hepatocyte Unscheduled DNA Assay) or in two assays for chromosomal aberrations (Human Peripheral Blood Lymphocyte Clastogenesis Assay and the Mouse Bone Marrow Erythrocyte Micronucleus Assay). In the Mouse Lymphoma Assay, a positive finding occurred in the nonactivated but not the activated phase of the study.

Decreased fertility in male rats, shown by lower female conception rates, occurred at 64 mg/kg of loratadine (approximately 50 times the maximum recommended human daily oral dose based on mg/m^2) and was reversible with cessation of dosing. Loratadine had no effect on male or female fertility or reproduction in the rat at 24 mg/kg (approximately 20 times the maximum recommended human daily oral dose on a mg/m^2 basis).

Pregnancy Category B: The combination product loratadine and pseudoephedrine sulfate was evaluated for teratogenicity in rats and rabbits. There was no evidence of teratogenicity in reproduction studies with this combination of the same clinical ratio (1:24) at oral doses up to 150 mg/kg (approximately 5 times the maximum recommended human daily oral dose on a mg/m^2 basis) in rats, and 120 mg/kg (8 times the maximum recommended human daily oral dose on a mg/m^2 basis) in rabbits. Similarly, no evidence of teratogenicity in rats and rabbits was reported at oral doses up to 96 mg/kg of loratadine alone (approximately 75 and 150 times, respectively, the maximum human daily oral dose on a mg/m^2 basis). There are no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, CLARITIN-D 24 HOUR Extended Release Tablets should be used during pregnancy only if clearly needed.

Nursing Mothers: It is not known if this combination product is excreted in human milk. However, when administered alone and its metabolite descarboethoxyloratadine pass easily into breast milk and concentrations that are equivalent to plasma levels, with an AUC_{milk}/AUC_{plasma} ratio of 1.17 and 0.85, respectively. Following a single oral dose of 40 mg, a small amount of loratadine and its active metabolite was excreted into the breast milk (approximately 0.03% of 40 mg over 48 hours). Pseudoephedrine administered alone also distributes into breast milk of the lactating human female. Pseudoephedrine concentrations in milk are consistently higher than those in plasma. The total amount of drug in milk as judged by the area under the curve (AUC) is 2 to 3 times greater than in plasma. The fraction of a pseudoephedrine dose excreted in milk is estimated to be 0.4% to 0.7%. A decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. Caution should be exercised when CLARITIN-D 24 HOUR Extended Release Tablets are administered to a nursing woman.

Pediatric Use: Safety and effectiveness in children below the age of 12 years have not been established.

ADVERSE REACTIONS: Information on adverse reactions is provided from placebo-controlled studies involving over 2000 patients, 605 of whom received CLARITIN-D 24 HOUR Extended Release Tablets on a twice-daily basis for up to 2 weeks. In these studies, the incidence of adverse events reported with CLARITIN-D 24 HOUR Extended Release Tablets was similar to those reported with twice-daily (q12h) 120 mg sustained-release pseudoephedrine alone.

REPORTED ADVERSE EVENTS WITH AN INCIDENCE OF ≥2% IN CLARITIN-D 24 HOUR EXTENDED RELEASE TABLETS TREATMENT GROUP IN DOUBLE-BLIND, RANDOMIZED, PLACEBO-CONTROLLED CLINICAL TRIALS

PERCENT OF PATIENTS REPORTING

	CLARITIN-D® 24 HOUR (n = 605)	Loratadine 10 mg (n = 449)	Pseudoephedrine 120 mg q12h (n = 220)
Dry Mouth	8	2	7
Somnolence	6	4	5
Insomnia	5	1	9
Pharyngitis	5	5	5
Dizziness	4	2	3
Coughing	3	2	3
Fatigue	3	4	1
Nausea	3	2	4
Nervousness	3	1	4
Anorexia	2	<1	2
Dysmenorrhea	2	2	2

Adverse events occurring in greater than or equal to 2% of CLARITIN-D 24 HOUR Extended Release treated patients, but that were more common in the placebo-treated group, include headache.

Adverse events did not appear to significantly differ based on age, sex, or race, although the number whites was relatively small.

In addition to those adverse events reported above, the following adverse events have been reported fewer than 2% of patients who received CLARITIN-D 24 HOUR Extended Release Tablets:

Autonomic Nervous System: Altered lacrimation, flushing, increased sweating, mydriasis, thirst.

Body As A Whole: Abnormal vision, asthenia, back pain, chest pain, conjunctivitis, earache, eye edema, fever, flu-like symptoms, leg cramps, lymphadenopathy, malaise, rigors, tinnitus.

Cardiovascular System: Hypertension, palpitation, tachycardia.

Central and Peripheral Nervous System: Convulsions, dysphonia, hyperkinesis, hypertonia, paresthesia, tremor.

Gastrointestinal System: Abdominal distension, altered taste, constipation, diarrhea, dyspepsia, gastritis, stomatitis, tongue ulceration, toothache, vomiting.

Liver and Biliary System: Cholelithiasis.

Musculoskeletal System: Arthralgia, musculoskeletal pain, myalgia, tendinitis.

Psychiatric: Agitation, depression, emotional lability, irritability.

Reproductive System: Vaginitis.

Resistance Mechanism: Abscess, viral infection.

Respiratory System: Bronchospasm, dyspnea, epistaxis, hemoptysis, nasal congestion, nasal pleurisy, pneumonia, sinusitis, sputum increased, wheezing.

Skin and Appendages: Acne, pruritus.

Urinary System: Oliguria, micturition frequency, urinary retention, urinary tract infection.

Additional adverse events reported with the combination of loratadine and pseudoephedrine include mal hepatic function, aggressive reaction, anxiety, apathy, confusion, euphoria, paronirıa, postural sion, syncope, urticaria, vertigo, weight gain.

The following additional adverse events have been reported with CLARITIN Tablets: abdominal alopecia, altered micturition, altered salivation, amnesia, anaphylaxis, angioneurotic edema, blepha breast enlargement, breast pain, bronchitis, decreased libido, dermatitis, dry hair, dry skin, erythe forme, hypoesthesia, impaired concentration, impotence, increased appetite, laryngitis, menorrha dryness, peripheral edema, photosensitivity reaction, purpura, rash, seizures, sneezing, supraventricu arrhythmias, upper respiratory infection, urinary discoloration.

Pseudoephedrine may cause mild CNS stimulation in hypersensitive patients. Nervousness, e restlessness, dizziness, weakness, or insomnia may occur. Headache, drowsiness, tachycardia, p pressor activity, and cardiac arrhythmias have been reported. Sympathomimetic drugs have also be ated with other untoward effects, such as fear, anxiety, tenseness, tremor, hallucinations, seizures, pa ratory difficulty, dysuria, and cardiovascular collapse.

There have been postmarketing reports of mechanical upper gastrointestinal tract obstru esophageal perforation in patients taking a previously marketed formulation of CLARITIN-D 24 HOUR Release Tablets. In some, but not all, of these cases, patients have had known upper gastrointestinal or abnormal esophageal peristasis. It is not known whether this reformulation of CLA 24 HOUR Extended Release Tablets has the potential for this adverse event (see **PRECAUTIONS, DOS ADMINISTRATION**).

OVERDOSAGE: In the event of overdosage, general symptomatic and supportive measures s instituted promptly and maintained for as long as necessary. Treatment of overdosage would r consist of emesis (ipecac syrup), except in patients with impaired consciousness, followed by th stration of activated charcoal to absorb any remaining drug. If vomiting is unsuccessful, or contra gastric lavage should be performed with normal saline. Saline cathartics may also be of value for rap of bowel contents. Loratadine is not eliminated by hemodialysis. It is not known if loratadine is elim peritoneal dialysis.

Somnolence, tachycardia, and headache have been reported with doses of 40 to 180 mg of lora large doses, sympathomimetics may give rise to giddiness, headache, nausea, vomiting, sweati tachycardia, precordial pain, palpitations, difficulty in micturition, muscular weakness and tenseness restlessness, and insomnia. Many patients can present a toxic psychosis with delusions and hallu Some may develop cardiac arrhythmias, circulatory collapse, convulsions, coma, and respiratory failu

The oral median lethal dose for the mixture of the two drugs was greater than 525 and 1839 mg/ and rats, respectively (approximately 10 and 58 times the maximum recommended human daily oral mg/m^2 basis). The oral median lethal dose for loratadine was greater than 5000 mg/kg in rats (greater than 2000 times the maximum recommended human daily oral dose on a mg/m^2 basis). S doses of loratadine showed no effects in rats, mice, and monkeys at doses as high as 10 times the recommended human daily oral dose on a mg/m^2 basis.

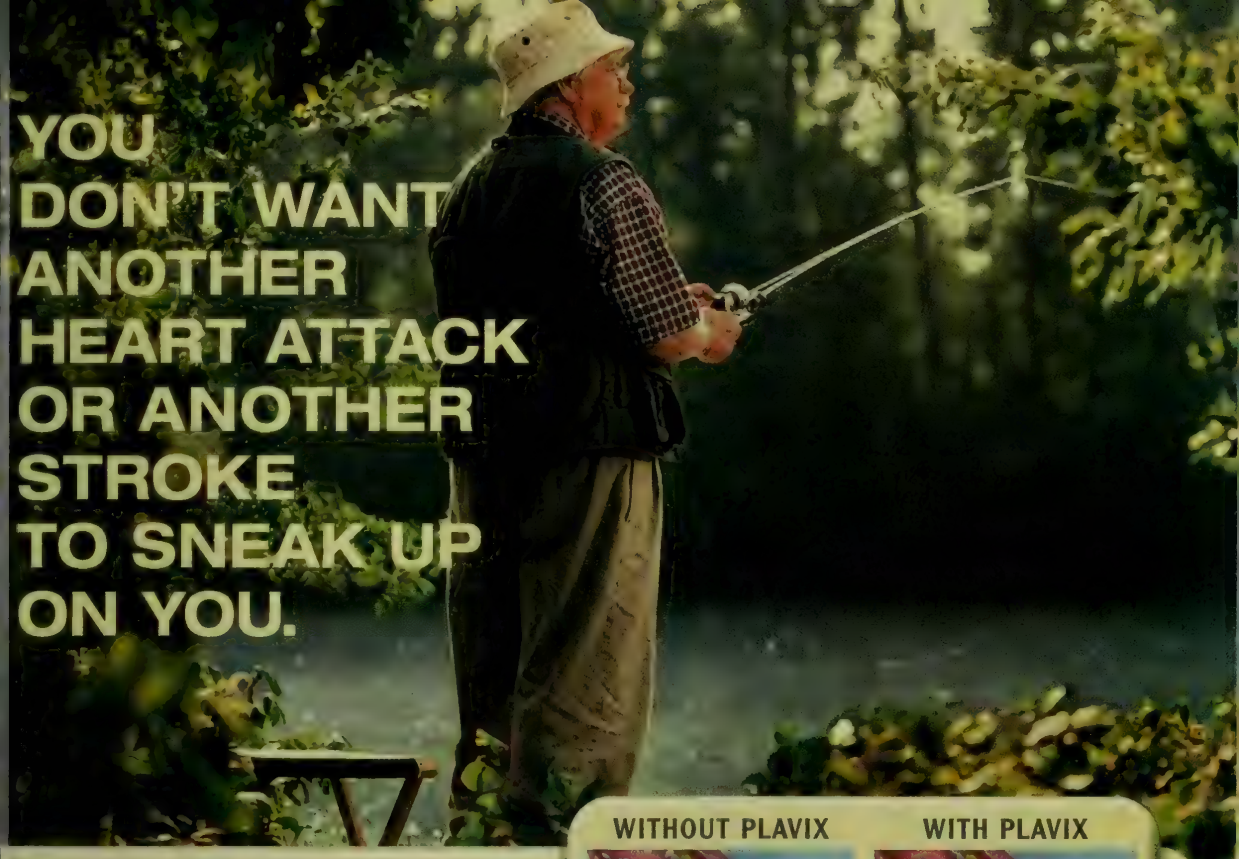
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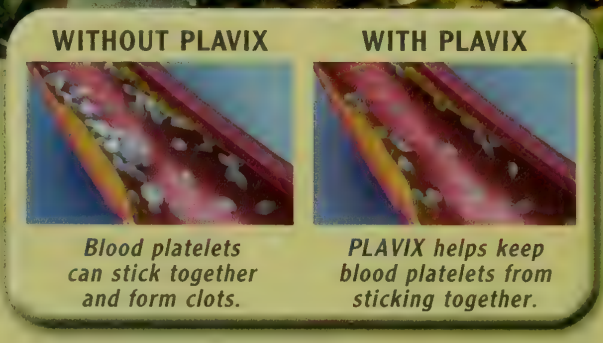
ve had a heart attack or stroke, the last thing you s another one sneaking up on you. PLAVIX may LAVIX is a prescription medication for people who ad a recent heart attack or recent stroke, or who oor circulation in the legs, causing pain.

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PLAVIX®
clopidogrel bisulfate tablets

BRIEF SUMMARY — Please see package insert for full prescribing information.

INDICATIONS AND USAGE: PLAVIX (clopidogrel bisulfate) is indicated for the reduction of atherosclerotic events (myocardial infarction, stroke, and vascular death) in patients with atherosclerosis documented by recent stroke, recent myocardial infarction, or established peripheral arterial disease.

CONTRAINDICATIONS: PLAVIX is contraindicated in patients with a hypersensitivity to the drug substance or any component of the product, and those with active pathologic bleeding such as peptic ulcer or intracranial hemorrhage.

WARNINGS: *Thrombotic thrombocytopenic purpura (TTP):* TTP has been reported rarely following use of PLAVIX, sometimes after a short exposure (<2weeks). TTP is a serious condition requiring prompt treatment. It is characterized by thrombocytopenia, microangiopathic hemolytic anemia (schistocytes [fragmented RBCs] seen on peripheral smear), neurological findings, renal dysfunction, and fever. TTP was not seen during clopidogrel's clinical trials, which included over 11,300 clopidogrel-treated patients. In worldwide postmarketing experience, however, TTP has been reported at a rate of about four cases per million patients exposed, or about 11 cases per million patient-years. The background rate is thought to be about four cases per million person-years.

PRECAUTIONS: General: As with other antiplatelet agents, PLAVIX should be used with caution in patients who may be at risk of increased bleeding from trauma, surgery, or other pathological conditions. If a patient is to undergo elective surgery and an antiplatelet effect is not desired, PLAVIX should be discontinued 7 days prior to surgery. *GI Bleeding:* PLAVIX prolongs the bleeding time. In CAPRIE, PLAVIX was associated with a rate of gastrointestinal bleeding of 2.0%, vs. 2.7% on aspirin. PLAVIX should be used with caution in patients who have lesions with a propensity to bleed (such as ulcers). Drugs that might induce such lesions (such as aspirin and other nonsteroidal anti-inflammatory drugs [NSAIDs]) should be used with caution in patients taking PLAVIX. *Use in Hepatically Impaired Patients:* Experience is limited in patients with severe hepatic disease, who may have bleeding diatheses. PLAVIX should be used with caution in this population.

Information for Patients: Patients should be told that it may take them longer than usual to stop bleeding when they take PLAVIX, and that they should report any unusual bleeding to their physician. Patients should inform physicians and dentists that they are taking PLAVIX before any surgery is scheduled and before any new drug is taken.

Drug Interactions: Study of specific drug interactions yielded the following results: *Aspirin:* Aspirin did not modify the clopidogrel-mediated inhibition of ADP-induced platelet aggregation. Concomitant administration of 500 mg of aspirin twice a day for 1 day did not significantly increase the prolongation of bleeding time induced by PLAVIX. PLAVIX potentiated the effect of aspirin on collagen-induced platelet aggregation. The safety of chronic concomitant administration of aspirin and PLAVIX has not been established. *Heparin:* In a study in healthy volunteers, PLAVIX did not necessitate modification of the heparin dose or alter the effect of heparin on coagulation. Coadministration of heparin had no effect on inhibition of platelet aggregation induced by PLAVIX. The safety of this combination has not been established, however, and concomitant use should be undertaken with caution. *Nonsteroidal Anti-Inflammatory Drugs (NSAIDs):* In healthy volunteers receiving naproxen, concomitant administration of PLAVIX was associated with increased occult gastrointestinal blood loss. NSAIDs and PLAVIX should be coadministered with caution. *Warfarin:* The safety of the coadministration of PLAVIX (clopidogrel bisulfate) with warfarin has not been established. Consequently, concomitant administration of these two agents should be undertaken with caution. (See **Precautions-General**). *Other Concomitant Therapy:* No clinically significant pharmacodynamic interactions were observed when PLAVIX was coadministered with **atenolol, nifedipine,** or both atenolol and nifedipine. The pharmacodynamic activity of PLAVIX was also not significantly influenced by the coadministration of **phenobarbital, cimetidine** or **estrogen**. The pharmacokinetics of **digoxin** or **theophylline** were not modified by the coadministration of PLAVIX (clopidogrel bisulfate). At high concentrations *in vitro*, clopidogrel inhibits P_{450} (2C9). Accordingly, PLAVIX may interfere with the metabolism of **phenytoin, tamoxifen, tolbutamide, warfarin, torsemide, fluvastatin,** and many **non-steroidal anti-inflammatory agents,** but there are no data with which to predict the magnitude of these interactions. Caution should be used when any of these drugs is coadministered with PLAVIX. In addition to the above specific interaction studies, patients entered into CAPRIE received a variety of concomitant medications **including diuretics, beta-blocking agents, angiotensin converting enzyme inhibitors, calcium antagonists, cholesterol lowering agents, coronary vasodilators, antidiabetic agents, antiepileptic agents** and **hormone replacement therapy** without evidence of clinically significant adverse interactions.

Drug/Laboratory Test Interactions: None known.

Carcinogenesis, Mutagenesis, Impairment of Fertility: There was no evidence of tumorigenicity when clopidogrel was administered for 78 weeks to mice and 104 weeks to rats at dosages up to 77 mg/kg per day, which afforded plasma exposures >25 times that in humans at the recommended daily dose of 75 mg. Clopidogrel was not genotoxic in four *in vitro* tests (Ames test, DNA-repair test in rat hepatocytes, gene mutation assay in Chinese hamster fibroblasts, and metaphase chromosome analysis of human lymphocytes) and in one *in vivo* test (micronucleus test by oral route in mice). Clopidogrel was found to have no effect on fertility of male and female rats at oral doses up to 400 mg/kg per day (52 times the recommended human dose on a mg/m^2 basis).

Pregnancy: Pregnancy Category B. Reproduction studies performed in rats and rabbits at doses up to 500 and 300 mg/kg/day (respectively, 65 and 78 times the recommended daily human dose on a mg/m^2 basis), revealed no evidence of impaired fertility or fetotoxicity due to clopidogrel. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of a human response, PLAVIX should be used during pregnancy only if clearly needed.

Nursing Mothers: Studies in rats have shown that clopidogrel and/or its metabolites are excreted in the milk. It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the nursing woman.

Pediatric Use: Safety and effectiveness in the pediatric population have not been established.

ADVERSE REACTIONS: PLAVIX (clopidogrel bisulfate) has been evaluated for safety in more than 11,300 patients, including over 7,000 patients treated for 1 year or more. The overall tolerability of PLAVIX was similar to that of aspirin regardless of age, gender and race, with an approximately equal incidence (13%) of patients withdrawing from treatment because of adverse reactions. The clinically important adverse events observed in CAPRIE are discussed below.

Hemorrhagic: In patients receiving PLAVIX in CAPRIE, gastrointestinal hemorrhage occurred at a rate of 2.0%, and required hospitalization in 0.7%. In patients receiving aspirin, the corresponding rates were 2.7% and 1.1%, respectively. The incidence of intracranial hemorrhage was 0.4% for PLAVIX compared to 0.5% for aspirin. *Neutropenia/agranulocytosis:* Ticlopidine, a drug chemically similar to PLAVIX, is associated with a 0.8% rate of severe neutropenia (less than 450 neutrophils/μL). Patients in CAPRIE were intensively monitored for neutropenia. Severe neutropenia was observed in six patients, four on PLAVIX and two on aspirin. Two of the 9599 patients who received PLAVIX and none of the 9586 patients who received aspirin had neutrophil counts of zero. One of the four PLAVIX patients was receiving cytotoxic chemotherapy, and another recovered and returned to the trial after only temporarily interrupting treatment with PLAVIX. Although the risk of myelotoxicity with PLAVIX thus appears to be quite low, this possibility should be considered when a patient receiving PLAVIX demonstrates fever or other sign of infection. *Gastrointestinal:* Overall, the incidence of gastrointestinal events (e.g., abdominal pain, dyspepsia, gastritis and constipation) in patients receiving PLAVIX (clopidogrel bisulfate) was 27.1%, compared to 29.8% in those receiving aspirin. The incidence of peptic, gastric or duodenal ulcers was 0.7% for PLAVIX and 1.2% for aspirin. Cases of diarrhea were reported in 4.5% of patients in the PLAVIX group compared to 3.4% in the aspirin group. However, these were rarely severe (PLAVIX = 0.2% and aspirin = 0.1%). The incidence of patients withdrawing from treatment because of gastrointestinal adverse reactions was 3.2% for PLAVIX and 4.0% for aspirin. *Rash and Other Skin Disorders:* The incidence of skin and appendage disorders in patients receiving PLAVIX was 15.8% (0.7% serious); the corresponding rate in aspirin patients was 13.1% (0.5% serious). The overall incidence of patients withdrawing from treatment because of skin and appendage disorders adverse reactions was 1.5% for PLAVIX and 0.8% for aspirin.

Adverse events occurring in ≥2.5% of patients on PLAVIX® in the CAPRIE controlled are shown below regardless of relationship to PLAVIX. The median duration of ther months, with a maximum of 3 years.

Adverse Events Occurring in ≥ 2.5% of PLAVIX® Patients

	% Incidence	(% Discontinuation)
Body System **Event**	**PLAVIX [n=9599]**	**Aspirin [n=9586]**
Body as a Whole - general disorders		
Chest Pain	8.3 (0.2)	8.3 (0.3)
Accidental Injury	7.9 (0.1)	7.3 (0.1)
Influenza-like symptoms	7.5 (<0.1)	7.0 (<0.1)
Pain	6.4 (0.1)	6.3 (0.1)
Fatigue	3.3 (0.1)	3.4 (0.1)
Cardiovascular disorders, general		
Edema	4.1 (<0.1)	4.5 (<0.1)
Hypertension	4.3 (<0.1)	5.1 (<0.1)
Central & peripheral nervous system disorders		
Headache	7.6 (0.3)	7.2 (0.2)
Dizziness	6.2 (0.2)	6.7 (0.3)
Gastrointestinal system disorders		
Abdominal pain	5.6 (0.7)	7.1 (1.0)
Dyspepsia	5.2 (0.6)	6.1 (0.7)
Diarrhea	4.5 (0.4)	3.4 (0.3)
Nausea	3.4 (0.5)	3.8 (0.4)
Metabolic & nutritional disorders		
Hypercholesterolemia	4.0 (0)	4.4 (<0.1)
Musculo-skeletal system disorders		
Arthralgia	6.3 (0.1)	6.2 (0.1)
Back Pain	5.8 (0.1)	5.3 (<0.1)
Platelet, bleeding, & clotting disorders		
Purpura	5.3 (0.3)	3.7 (0.1)
Epistaxis	2.9 (0.2)	2.5 (0.1)
Psychiatric disorders		
Depression	3.6 (0.1)	3.9 (0.2)
Respiratory system disorders		
Upper resp tract infection	8.7 (<0.1)	8.3 (<0.1)
Dyspnea	4.5 (0.1)	4.7 (0.1)
Rhinitis	4.2 (0.1)	4.2 (<0.1)
Bronchitis	3.7 (0.1)	3.7 (0)
Coughing	3.1 (<0.1)	2.7 (<0.1)
Skin & appendage disorders		
Rash	4.2 (0.5)	3.5 (0.2)
Pruritus	3.3 (0.3)	1.6 (0.1)
Urinary system disorders		
Urinary tract infection	3.1 (0)	3.5 (0.1)

Incidence of discontinuation, regardless of relationship to therapy, is shown in parent

Other adverse experiences of potential importance occurring in 1% to 2.5% of patien PLAVIX (clopidogrel bisulfate) in the CAPRIE controlled clinical trial are listed below re relationship to PLAVIX. In general, the incidence of these events was similar in the asp group. *Autonomic Nervous System Disorders:* Syncope, Palpitation. *Body as a Whole - orders:* Asthenia, Hernia. *Cardiovascular disorders:* Cardiac failure. *Central and periphe system disorders:* Cramps legs, Hypoaesthesia, Neuralgia, Paresthesia, Vertigo. *Gas system disorders:* Constipation, Vomiting. *Heart rate and rhythm disorders:* Fibrillation *and biliary system disorders:* Hepatic enzymes increased. *Metabolic and nutritional diso* hyperuricemia, non-protein nitrogen (NPN) increased. *Musculo-skeletal system disorde* Arthrosis. *Platelet, bleeding & clotting disorders:* GI hemorrhage, hematoma, platelets *Psychiatric disorders:* Anxiety, Insomnia. *Red blood cell disorders:* Anemia. *Respiratory orders:* Pneumonia, Sinusitis. *Skin and appendage disorders:* Eczema, Skin ulceration. *tem disorders:* Cystitis. *Vision disorders:* Cataract, Conjunctivitis. Other potentially seric events which may be of clinical interest but were rarely reported (< 1%) in patients wh PLAVIX are listed below regardless of relationship to PLAVIX. In general, the incidenc events was similar in the aspirin group. *Body as a whole:* Allergic reaction, necrosis *Cardiovascular disorders:* Edema generalized. *Gastrointestinal system disorders:* Gastric forated, gastritis hemorrhagic, upper GI ulcer hemorrhagic. *Liver and Biliary system* Bilirubinemia, hepatitis infectious, liver fatty. *Platelet, bleeding and clotting disorders:* he hematuria, hemoptysis, hemorrhage intracranial, hemorrhage retroperitoneal, hemorrhag tive wound, ocular hemorrhage, pulmonary hemorrhage, purpura allergic, thrombocyto *blood cell disorders:* Anemia aplastic, anemia hypochromic. *Reproductive disorde* Menorrhagia. *Respiratory system disorders:* Hemothorax. *Skin and appendage disorde* eruption, rash erythematous, rash maculopapular, urticaria. *White cell and reticuloendo tem disorders:* Agranulocytosis, granulocytopenia, leukemia, leukopenia, neutrophils de

Postmarketing Experience: The following events have been reported spontaneously fron postmarketing experience; very rare cases of hypersensitivity reactions including angioed chospasms, and anaphylactoid reactions. Suspected thrombotic thrombocytopenic purpura (TT reported as part of the worldwide postmarketing experience, see **WARNINGS**.

OVERDOSAGE: One case of deliberate overdosage with PLAVIX (clopidogrel bisulfate) ed in the large, controlled clinical study. A 34-year-old woman took a single 1,050-m PLAVIX (equivalent to 14 standard 75-mg tablets). There were no associated adverse special therapy was instituted, and she recovered without sequelae. No adverse events w ed after single oral administration of 600 mg (equivalent to 8 standard 75-mg tablets) o healthy volunteers. The bleeding time was prolonged by a factor of 1.7, which is similar ically observed with the therapeutic dose of 75 mg of PLAVIX per day. A single oral dos dogrel at 1500 or 2000 mg/kg was lethal to mice and to rats and at 3000 mg/kg to Symptoms of acute toxicity were vomiting (in baboons), prostration, difficult breathing trointestinal hemorrhage in all species.

Recommendations About Specific Treatment: Based on biological plausibility, platelet may be appropriate to reverse the pharmacological effects of PLAVIX if quick reversal is

DOSAGE AND ADMINISTRATION: The recommended dose of PLAVIX is 75 mg once d without food.

Manufactured by:
Sanofi-Synthelabo Inc.
New York, NY 10016

Distributed by:
Bristol-Myers Squibb/Sanofi Pharmaceuticals Partnership
New York, NY 10016

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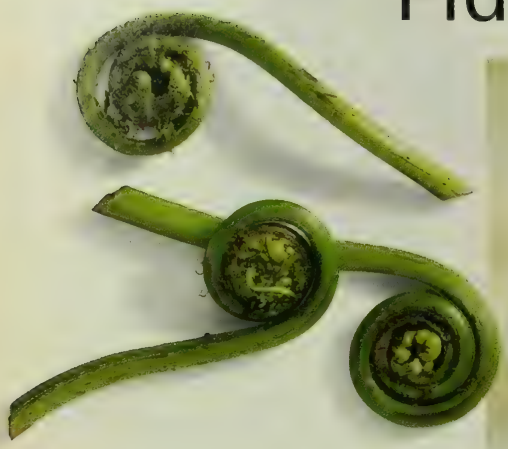
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THE BREAST CANCER RESEARCH FOUNDATION

Fiddle–de–de



by David Feder

For a short time each summer, fiddlehead ferns stage a quiet showing in produce markets and select grocery stores.

Fiddlehead ferns are about the size of a quarter and, having a short season, can be easily missed. When they do arrive, they are worth seeking out for their crisp, faintly sweet taste that has notes of both green beans and asparagus, with a hint of lemon.

These little green curls can be eaten raw in salads, or lightly cooked and tossed in pasta dishes or served as a side dish. Fiddleheads stay crisp and flavorful even when cooked. You're going to love them.

Look for ferns that are vivid green and have tightly coiled heads, without browned leaves or stems. Rinse the ferns gently in cold running water. Trim stem end, if desired. Refrigerate fiddlehead ferns, tightly wrapped, for two to three days. Or, freeze in a sealed plastic bag for up to six months.



Lemon-Pepper Linguine with Fiddlehead Ferns
Start to finish: 13 minutes

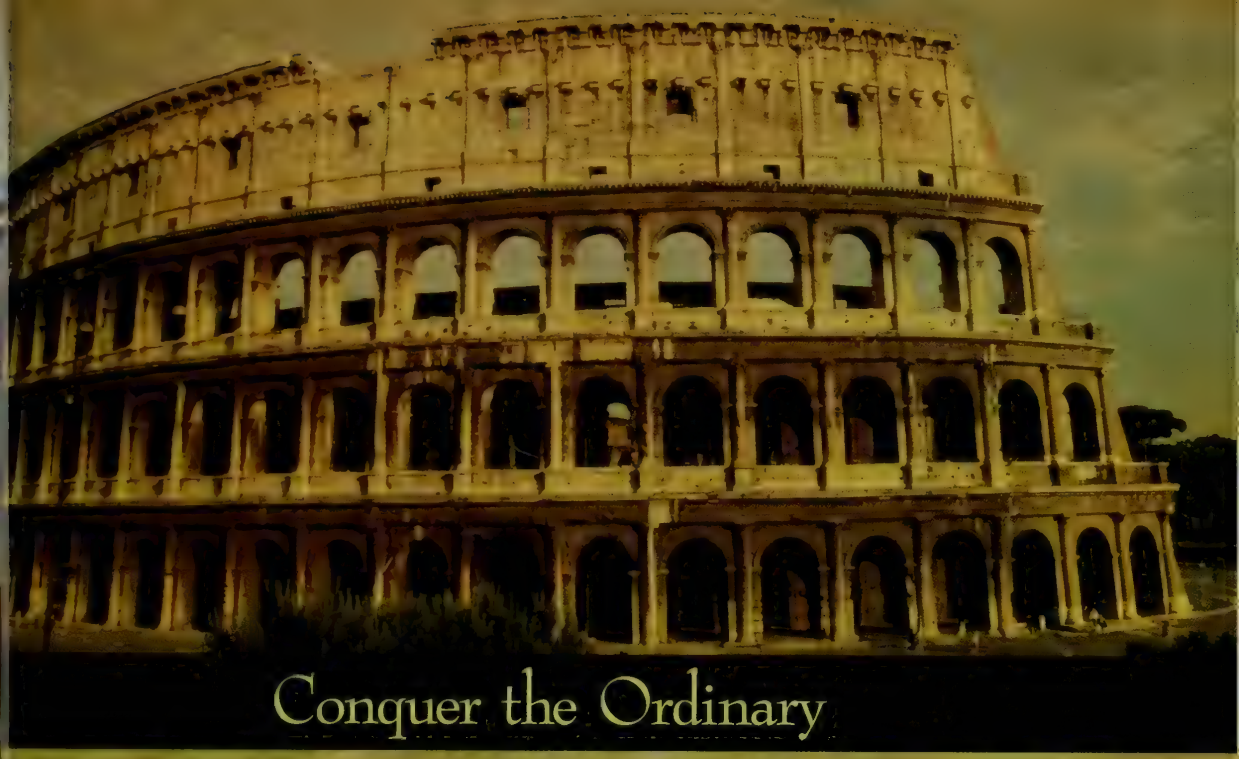
- 4 oz. lemon-pepper linguine
- ⅔ cup fiddlehead ferns
- 1 to 2 Tbsp. olive oil
- ⅓ cup sliced button mushrooms
- 2 cloves garlic, chopped
- ¼ tsp. salt
- Fresh shaved Parmesan cheese

1. Prepare linguine according to package directions, adding fiddleheads the last 2 minutes of cooking.

2. Meanwhile, in a medium skill heat olive oil. Add mushroom garlic, and salt. Cook and stir f 2 minutes.

3. Drain pasta and ferns; add mushroom mixture. Toss gently mix. Top with shaved Parmesa Serve immediately. Makes 4 sid dish servings.

Nutrition facts per serving: 1 cal., 6 g total fat (0 g sat. fat), 5 m chol., 233 mg sodium, 22 g carb 1 g fiber, and 8 g pro. Daily Value 7% vit. A, 3% vit. C, 6% calciu and 9% iron.



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The Mild Bunch

Radishes get to the root of what's great about fresh, seasonal veggies.

by David Feder



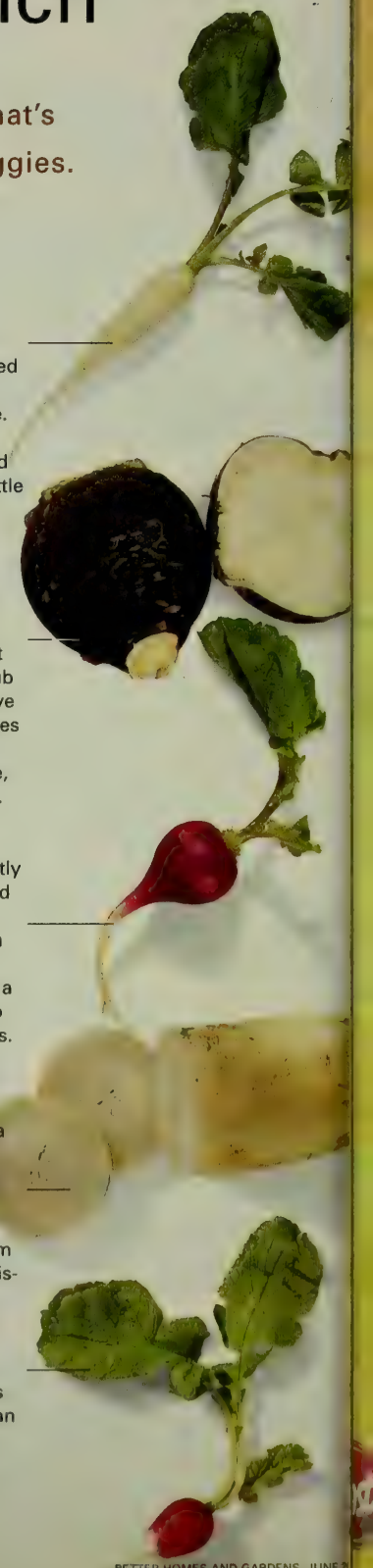
Round Red: This classic American radish is the most popular. Like most small radishes, it's commonly enjoyed grated or sliced raw into salads.

Easter Egg: So named because they come in a variety of colors. You'll find small oval Easter Egg radishes running the gamut from white to deep lavender.

French Breakfast: This oblong, two-toned variety has such a sweet, delicate flavor that it is often eaten for breakfast. Cut it into wedges to show off its colors.

Italian: Two great ways to enjoy Italian radishes are to pickle them whole or steam them with a sprinkle of salt and freshly ground pepper.

Watermelon: Here's a mild-flavored radish that lives up to its name with a green rind and rosy interior. These are available in larger supermarkets and farmer's markets. You'll find them almost all year long, peaking in the late summer.



White Icicle: The sweet icicle radish differs from the common Round Red more in color and shape than in taste. Serve whole with skin on, or peel and lightly sauté in a little butter or oil.

Black: This meaty radish is similar to horseradish in texture and flavor, but not as strong. Scrub well. Peel and shave into paper-thin slices or grate into slaws and salads. Or dice, and cook until soft.

Purple Plum: Slightly larger than a Round Red radish, the Purple Plum radish should be a bright magenta. It makes a colorful addition to mixed salad greens.

Daikon: This Asian giant grows up to a foot or more in length and several inches in diameter. For all its size, the pale green or cream daikon has a surprisingly light taste.

Sparkler: This peppery radish has large leaves that can be prepared in the same manner as mustard greens.



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Securing a Sliding Door

There's nothing quite like the w sliding glass doors let sunshine i your home and provide portals backyard decks and patios. But, t often, people fail to install the doors correctly and don't both fitting them with the best possi locks. Creating an even great security concern, sliders are mo frequently located at the back of t house, beyond the view of neighbo and passersby. You can preve sliding doors from being an ea point of entry for would-be burgl by taking a few minor precaution

First, make sure your sliders a installed correctly. The fixed pan should be on the outside, and t sliding panel should glide on a tra on the inside. If your door w installed the other way, have reinstalled as soon as possible.

Next, install roundheaded scre in the track above the sliding part the door. The slight protrusion the screw head will reduce t possibility that the door can lifted up, tilted, and removed fro the opening.

It's possible to cut a piece lumber so it fits in the space betwe the sliding and fixed panels rende ing the door unopenable. Howev factory-made devices are availab and look much better. They cost le than $20 and are easy to install.

Pin locks are also effective. install one, you must drill a ho through the sliding panel and in the frame of the fixed door. A p inserted in the hole keeps the doo from moving.

New sliding doors may come wi plunger-style locks that work the same principle. If you're sho ping for a sliding door, look for th security-conscious feature or for t locks—sold separately—that let y push a plunger into the floor.

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185: table topper, napkins—Yves Delormé, 246 St., Charleston, SC 29401; 843/853-4331; vesdelorme.com.
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94: pillows—Yves Delormé, 246 King St., Charleston, 401; 843/853-4331; www.yvesdelorme.com. **Quilt**—d; 800/345-4500. **All other items**—antique, discontin- a personal belonging.

r Shopping
157: Editors' Choice: Variegated Obedient—Carroll Gardens, 444 East Main St., Westminster, 157
06: Cooking Thermometer/Timer—Zelco, 65 Haven Vernon, NY 10533. **Frozen Pop Gear**—Progressive tional, 6111 S. 228th St., Kent, WA 98032.
16: "No-Ice" Ice Cream Maker—Browne & Company, na Park Dr., Markham, Ontario, Canada, L3R 1ES.

chitects & designers

y Bedroom
42–44: interior design—Wendy Marcus Goer of s Goer Interiors Inc., 206 Hibben St., Mt. Pleasant, 464; 843/881-3646.

fast Blend
62–64: contractor—StoneHenge Design Build, Brownlow Ave., St. Louis Park, MN 55426; 952/915- **Kitchen cabinets designer**—Mike Smith, Master Craft ets, 9909 South Shore Dr., Plymouth, MN 55441; 4-9115.

s to Play
4: garden structure designer/builder—homeowner.
6: porch/landscape designer—Nina Parker; 303/838- **Construction designer for porch**—Larry Parker; 8-1524. **Contractor for porch**—Ernie Rivera; 619/907- **Architect for original house addition**—Susan K. 864 Tarento Dr., San Diego, CA 92106; 619/224-7366.
cape installation/gardener—John Noble, Coastal Gardening, P.O. Box 7555, San Diego, CA 92167; 3-5229.
78: porch designer—homeowner.
81–83: contractor—Rick Sovereign, Rick Sovereign ruction, 2417 NE. 49th, Portland, OR 97213; 7-5355.
94: architect/designer—Robert J. Settich, 1514-44th s Moines, IA 50311; 515/255-2051; E-mail address: ch@email.msn.com.
86: landscape contractor—James Card, Outdoor onments, Ltd., P.O. Box 453, Gresham, OR 97030; 58-8401. **Landscape designer**—Arienne Newton, and Newton Landscape Design, Inc., 1708 SE. 45th Portland, OR 97215; 503/231-4077.
38: interior designer—Polly Jones Interiors; 619/435-

es & Gates
96–98: contractor—John Comer, Arbors by Design, NE. 27th St., Des Moines, IA 50317; 515/262-5424; arborsbydesign.com.
100 (*right top/bottom*): designer—Jim Thompson, ox 3317, Sarasota, FL 34230; 941/925-4101. **Carpen-**Dennis Whitmer; 941/650-5533.
102 (*left*): designer—Leslie Ann Butler; E-mail address: ist@aol.com. **(*Right top and bottom*): designers/ ers**—Dianne and J.D. Muyskens, 1900 NW. 85th St., uver, WA 98665; 360/921-0640.

Houses
108: designer/builder—Gregory E. J. Cheadle, Play- s Par Excellence, P.O. Box 14781, Oakland, CA 94614; 61-0515. **Landscape designer**—Darren Day, 528 Ken- Ave., Oakland, CA 94610; 510/452-4068.
110: builder—Burke & Sons Enterprises, 12547 NE. St., Woodinville, WA 98072; 425/488-6932.

len Sheds
118: designers/builders—Dianne and J.D. Muyskens, NW. 85th St., Vancouver, WA 98665; 360/921-0640.
120: designer/builder—Wayne Pimental, 349 Green- l Ave., Warwick, RI 02886; 401/737-6345.
122: builder—Bevan Lundgren, 1211 S. River Rd., Des es, IL 60018; 847/699-8180.

e Outside and Play
182: architect—Reggie Gibson, 12 Vanderhorst St., n Charleston, SC 29403; 843/722-9040.

pe Hatch
186: landscape design—Dabney Peeples of JDP n Assoc. Inc., 222 Zion Church Rd., Easley, SC 29642; 59-6570.

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"Don't just sit there—play with your food." How often have you been told that? Now is your chance to create edible works of art. Turn the page and pass the toothcheese, please!

continued on page 246

continued from page 245



1. A carrot stick serves as the dog's tail.
2. Attach sliced cheese ears w thin carrot sticks or toothpick





3. For whiskers, push strawberry licorice lace into donut holes.
4. Add a cherry nose.



Hot Diggity Dog

What you need: Knife or clean scissors ▪ 4 hot dogs (or Polish sausages or brats) ▪ Hoagie bun ▪ 2 donut holes ▪ Sliced cheese ▪ Carrot ▪ Onion ▪ Olives ▪ Strawberry licorice lace ▪ Maraschino cherry ▪ Red fruit-flavored gumdrop circle

1. For the paws, make two cuts—½ inch long—into one end of each hot dog. Cook hot dogs. 2. Assemble the dog, using the bun for the body, hot dogs for the legs, a carrot stick for the tail, sliced cheese for the ears, and two donut holes for the muzzle. 3. Add onion pieces and olive halves for eyes, attaching them to the bun with thin carrot sticks or toothpicks. 4. Push pieces of strawberry licorice lace into muzzle for whiskers. Top the muzzle with a cherry nose. 5. Cut the gumdrop circle in a teardrop shape for the tongue.

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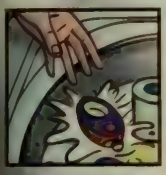
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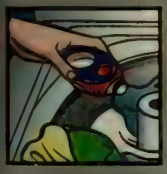
Roll on detergent



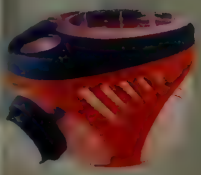
Throw device into washer



Dig thru wash to find device



Remove device from washer





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continued from page 246

Monkey Business

What you need: 1 package of p
creme-filled snowball cakes ■ 1 tube
red icing ■ One 2-inch diameter ging
snap cookie ■ One black jelly be
■ Canned icing ■ Two 1-inch diame
peanut butter sandwich cook
■ Two chocolate-covered mint cand
■ Strawberry fruit roll

1. Place the cakes one above the oth
for the head and



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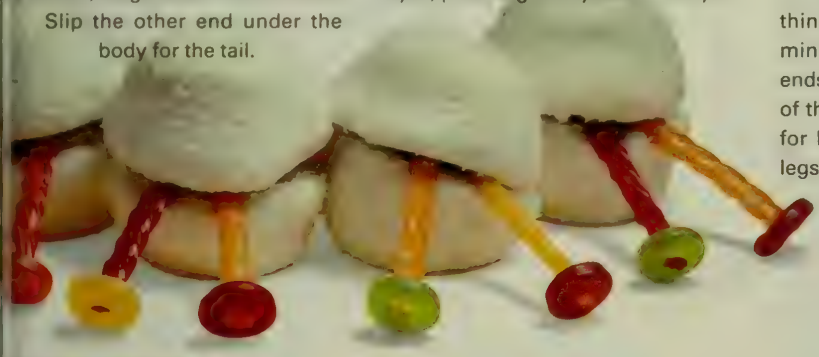
Caterpillar Confection

What you need: 8 packages creme-filled snowball cakes ▪ Gummy fruit-flavored circle candies ▪ Canned vanilla icing ▪ Strawberry fruit roll ▪ Strawberry licorice ▪ Fruit-flavored twists ▪ 2 miniature marshmallows

1. For each caterpillar section, place flat sides of cakes together. 2. For the eyes, press a gummy circle candy to a gumdrop circle using canned icing to hold the pieces together. Cut two 1-inch-long pieces of fruit roll. Cut slits into fruit-roll pieces to make eyelashes. Use icing to attach the lashes to the back of each eye. Use icing to hold the eyes to the top cake on the head section. 3. Cut a 2-inch piece of licorice lace for the mouth. 4. Cut a piece of twist into two long, thin pieces for antennae. Press a miniature marshmallow over the ends. Push the antennae into the top of the head. 5. Cut twists into thirds for legs. Push gummy circles onto legs, and push legs into body.

continued on page 250

ody. 2. With a small tip attached to ıe icing tube, draw the mouth on ıe cookie muzzle. Place the jelly ean into the frosting for the nose. Use the canned icing to "glue" the ookie muzzle and the candy eyes to ıe head. 4. Slip the peanut-butter ındwich cookies under the head for e ears. 5. Fold a long piece of fruit ll in half, lengthwise. Coil one end. Slip the other end under the body for the tail.





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have
Lunchables FUN SNACKS NEW! marshmallow Crispy squares
all the
Lunchables FUN SNACKS NEW! chocolate Cookies 'n frosting
Fun

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Cheesy-Smile Toothbrush

What you need: Celery stalk ■ Peanut butter ■ Onion ■ Canned cheese

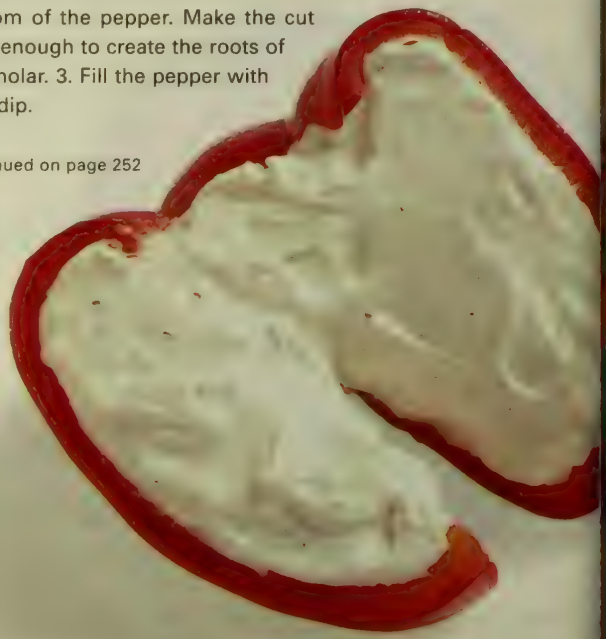
1. Clean a celery stalk and cut away the ends. 2. Fill the stalk with peanut butter. 3. Cut eight narrow, 1-inch-long onion bristles and press them into the wide end of the celery stalk. Squeeze canned cheese over the bristles for toothpaste.

Molar Filling

What you need: Red pepper ■ Chip dip

1. Select a long red pepper, shaped wider at the top than the bottom. With the help of an adult, cut the pepper in half, lengthwise. Remove seeds. 2. Cut a ½ inch-wide slit into the bottom of the pepper. Make the cut long enough to create the roots of the molar. 3. Fill the pepper with chip dip.

continued on page 252




Fun time Mom
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Family Food Ideas

FFI

Zesty Honey Baked Chicken

- 6 TYSON® Fresh Boneless, Skinless Chicken Breasts
- ½ cup lemon juice
- 1 lime, juiced, and 1 tsp. peel, finely grated
- ¼ cup olive oil
- ¼ cup plus 3 Tbsp. honey
- 1 tsp. salt
- 6 large garlic cloves, diced
- 6 green onions, diced
- ½ cup thinly sliced almonds

Garnish: Lettuce leaves, lemon slices, red seedless grapes

Place chicken in a glass baking dish. In a medium bowl, mix together lemon juice, lime juice, grated lime peel, olive oil, ¼ cup honey, salt, garlic, and green onion. Reserve ¼ cup marinade and pour remainder over chicken. Cover and marinate for 1 hour, then place in an ungreased baking dish. In a small bowl, mix ¼ cup reserved marinade and remaining 3 tablespoons honey. Spoon over chicken.

Bake at 350° F for 20 minutes. Sprinkle almonds on chicken and bake about 15 minutes more or until internal juices run clear. (Or insert instant-read meat thermometer in thickest part of chicken. Temperature should read 170° F.)

Line a platter with lettuce leaves. Top with chicken and garnish with lemon slices and grapes. Makes 6 servings.

Beef & Vegetable Kabobs

- 3 Tbsp. honey
- 3 Tbsp. fresh lime juice
- 4-5 tsp. MRS. DASH® Extra Spicy Seasoning or Original Blend
- 1 lb. boneless beef sirloin, cut into 1½-inch cubes
- 1 large red or green bell pepper, cut into 1-inch chunks
- 1 medium onion, cut into wedges
- 1 medium zucchini, cut into ½-inch slices

In a large bowl, mix together honey, lime juice, and MRS. DASH® Seasoning. Add remaining ingredients; toss lightly to coat thoroughly with seasoning mixture. Thread meat and vegetables alternately on skewers; reserve remaining seasoning mixture. Place skewers on rack of broiler pan so kabobs are 3 to 5 inches from heat. Broil 8 to 12 minutes or to desired doneness, brushing occasionally with seasoning mixture. Makes 4 servings.

Variations: Grill kabobs over medium coals 12 to 16 minutes or to desired doneness. Substitute your favorite vegetables for pepper, onion or zucchini.

Food Play continued from page 250



Pickled Frog

What you need: Large dill pickle ■ Toothpick ■ 2 small sweet banana peppers with stems ■ 2 whole cloves ■ 10 dill-pickled gherkins

1. Cut a narrow slit in the front of the large dill pickle for the mouth—get help from an adult for all cutting. 2. Cut away a short section of each banana pepper at the stem end for eyes. Do not remove the stems. With a toothpick, poke two holes in the pickle large enough to receive the stems. Insert the stems, then push a clove into the center of each eye. 3. Use two gherkins for each front limb. For the hand, make a diagonal cut at the end of two of the gherkins. For fingers, make two V-cuts. Attach to body with toothpicks. 4. For each hind leg, use three gherkins: two for the upper and lower leg, and one for the foot. Attach the leg sections with toothpicks.

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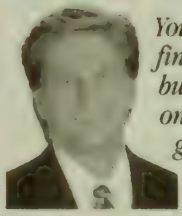


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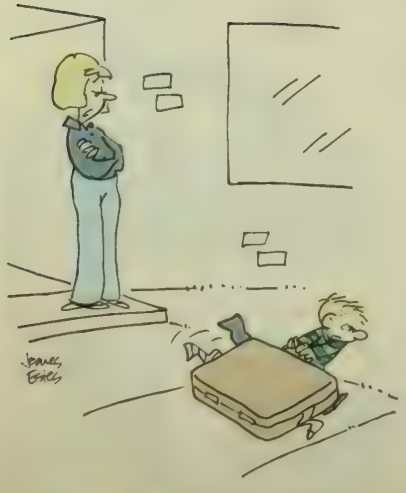
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